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TTC **Heart-healthy transit users**

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Subway rider Pedro Kandolo checks out an automated external defibrillator at the Bloor/Yonge subway station yesterday with Sheryl Jackson, manager of the Safe City Program, and Coun. Joe Mihevic looking on. The TTC is installing the devices in 30 stations. A formal announcement was made yesterday at Bloor-Yonge which had the highest number of emergency medical calls last year.

MRIs benefit rich

Study shows wait times cut, but poor not benefiting

An infusion of cash to cut long MRI wait times has doubled the number of the annual diagnostic scans performed in Ontario since 2004, but the increase seems to be benefiting wealthy patients far more than their poorer counterparts, a study has found.

When the study started in April 2002, patients living in the richest one-fifth of the province's neighbourhoods were 25 per cent more likely to receive magnetic resonance imaging than those living in the poorest one-fifth of neighbourhoods.

Yet even after Ontario invested $118 million in 2004 to shorten wait times, it did little to narrow the gap between rich and poor. In fact, access disparity actually widened over five years, with the wealthiest patients being 38 per cent more likely to get an MRI than the poorest.

"The staggering thing is ... this is in a country ... with universal health insurance. So why should there be a gap in access?"
Dr. John You, principal investigator

"One would hope that if you're investing that significantly that you can double a capacity to do MRI scans, that you would narrow that gap and make some impact on it," said Dr. John You, principal investigator of the 2002-2007 study by the Institute for Clinical Evaluative Sciences (ICES).

"But, in fact, it's the opposite that's happened. And to me, that's the most concerning part of what we've found."

You said people with lower incomes tend to have more health problems, on average, than higher-income folks and often of a more serious nature. Yet many studies have shown that those with fewer financial assets also have difficulty accessing all kinds of health-care services compared to the better-off.

"The staggering thing is that this is not like it's in the United States where there are big issues around the uninsured," said You. "This is in a country, or a province, with universal health insurance. So why should there be a gap in access when everyone has the same kind of insurance coverage?"

The study authors speculate on a number of potential reasons for the rich-poor disparity.

"It may be that wealthier individuals are more adept at navigating the health-care system," said You. "They're perhaps a little bit more insistent with their care providers that they get the test they think they need."

Those in lower income brackets may not be quite as aware of how to finesse the system and get what they want or they may not be as educated about MRI scans and their uses, he said.

The study authors say more research is needed to determine why income seems to make a difference in getting an MRI before attempts can be made to close the access gap.

THE CANADIAN PRESS

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Lord Black's prison time 'stimulating'

Conrad's Black first year in prison has been surprisingly pleasant but he remains hopeful for his release and convinced of his innocence.

Black's longtime friend Brian Stewart says the convicted former media mogul has managed to make his time in prison not only bearable but intellectually stimulating by using his skills to teach other inmates, write books and articles and learn to play the piano.

Black

Black went to jail in Florida a year ago today after he was convicted of fraud and obstruction of justice in a Chicago court.

Stewart says Black remains optimistic about the possibility of clearing his name if the U.S. Supreme Court decides to hear his appeal.

Black is one year into a 6½-year sentence after his 2007 conviction.

THE CANADIAN PRESS

Riding the **Recession**

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Health

Josey Vogels tells you what the current economy means for online dating, pg 15

Inexpensive exercise options that won't make you break an economic sweat, pg 17

• Coming up

Auto – How to get the best car insurance deals to drive you through the recession.

Food – We give you a few budget-friendly meal ideas.

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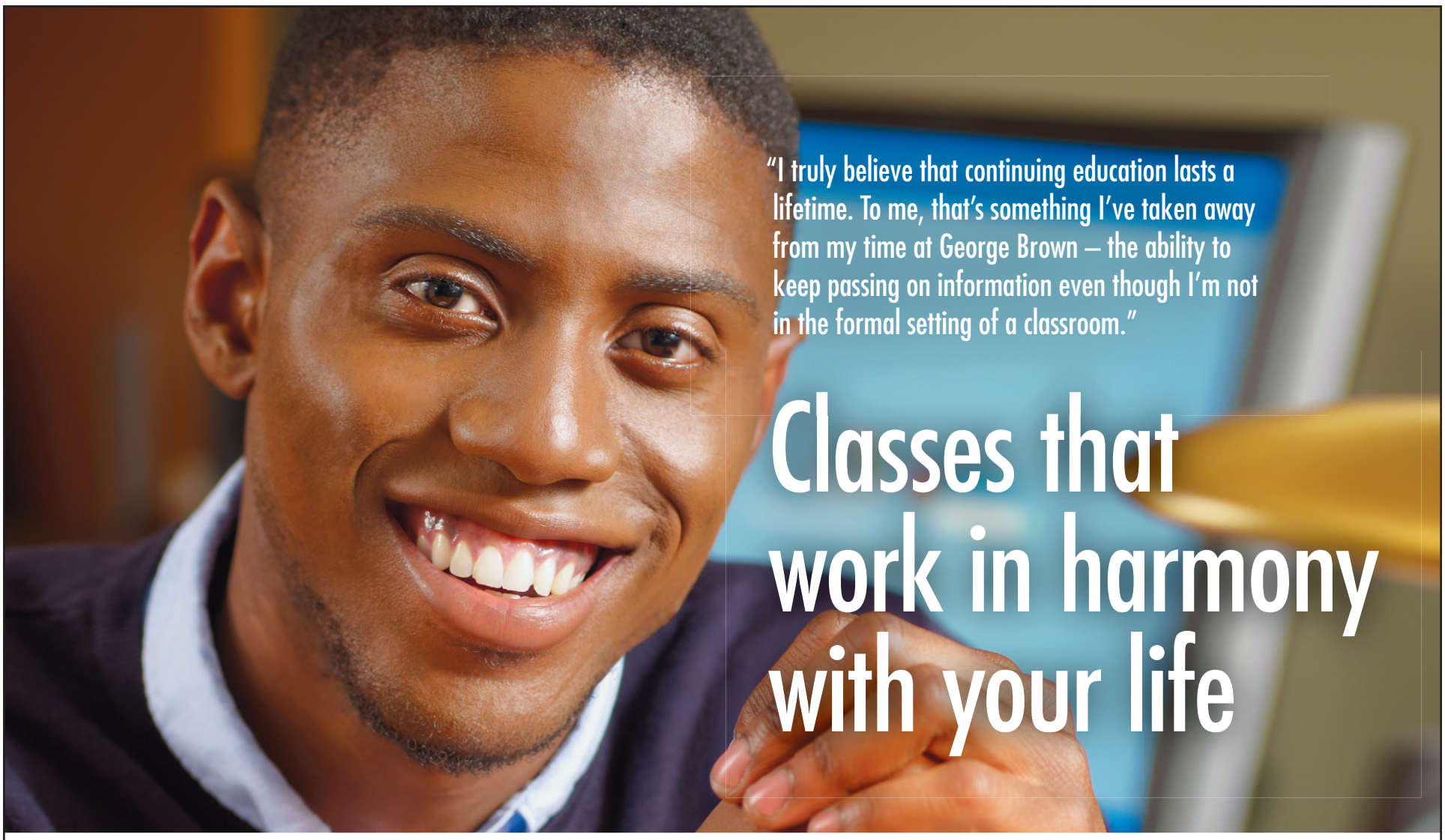

Classes that work in harmony with your life

A Continuing Education Success Story – Shawn Hewitt enjoyed working as a Training Instructor for Rogers but wanted to further his career. He chose to complete the Instructing Adults Certificate at George Brown College. But EMI had also signed him to a recording contract. A great location, flexible instructors and evening courses meant Shawn was able to balance it all. "By allowing me time to pursue my second career, they ensured that I would excel in both sides of my life – professional and creative." Shawn now works as an Information Management Advisor for the Ontario Ministry of Health.

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Victim dies of gunshot wounds to the chest
An autopsy yesterday revealed that the city's latest homicide victim died from gunshot wounds to the chest after an early-morning shooting in Scarborough Saturday. Gunfire erupted in front of Little Orchie's Restaurant and Bar, in the Kennedy Road and Lawrence Avenue East area around 3 a.m. TORSTAR NEWS SERVICES

Local

Groups want more affordable housing

Ontario is being urged to build more co-operative and non-profit housing to help reduce a growing income gap between renters and homeowners. Two housing groups say that income gap, low vacancy rates and waiting lists for social housing highlight a need for more affordable housing. According to the Ontario Non-Profit Housing Association and the Co-operative Housing Federation of Canada, one in five Ontario tenant households are still spending more than half their income on housing. THE CANADIAN PRESS

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metronews.ca
What's online today.

Read Guidy Mamann's blog on why insulting a minister is not the 'Canadian' way.

Watch Military officials suspect Taliban behind deadly blast that sparked anti-Canadian outrage at **metronews.ca/canada**

Nephew charged in murder

Three men arrested in millionaire philanthropist's death

The exhaustive search for the person responsible for the 2007 murder of millionaire philanthropist Glen Davis eventually led police to a member of his family: 38-year-old Marshall Ross, a married father and a businessman who lives six blocks from where Davis, 66, was shot dead.

Ross, police sources said, is Davis's nephew. He was arrested Saturday and charged with first-degree murder along with two others: Dmitri Kossyrine, 30, and Ivgeny Vorobiov, 30.

Police would not say why they believe Ross wanted Davis dead. For the first time, however, police sources linked the May 2007 murder, in which Davis was shot twice in the torso in an underground parking garage, to a severe beating in December 2005 that sent him to the hospital badly bruised.

Glen Davis

The murder occurred in the parking garage under the Mount Pleasant and Eglinton Avenue East building that houses the local offices of the World Wildlife Fund, to which Davis donated millions. TORSTAR NEWS SERVICE

News in brief

COURT A jury has been chosen for the trial of a Scarborough girl accused of first-degree murder in the stabbing death of 14-year-old Stefanie Rengel.

SOLVED DNA evidence has helped police in York Region solve an attempted truck hijacking eight years after it was committed. METRO NEWS SERVICE

Nine city workers fired in fraud

BENEFITS Nine City of Toronto employees have been fired for allegedly submitting fraudulent benefits claims.

The employees were let go yesterday as a result of an audit by Manulife Financial, which administers the city's benefits. They had been put on paid leave Feb. 20.

Mayor David Miller said yesterday he was "disappointed" to learn of the alleged fraud, but pleased that senior city staff had acted promptly when information came to light.

"If you're in a position of public trust, you have to uphold that public trust," Miller said.

Saying they don't want to interfere with an ongoing police investigation, neither Miller nor other city officials would say how many fraudulent claims had been filed. TORSTAR NEWS SERVICE

Judge to hear religious veil case

COURTS In what's believed to be a first in Canada, a judge agreed yesterday to hear the case of an alleged sexual assault victim fighting a court order to testify without the religious veil that covers her face, exposing only her eyes.

THE CANADIAN PRESS

Tomorrow's Metro

Metro Drive

During a recession, every penny counts. So Metro asks industry experts about ways to cut down car insurance costs.

Lotteries

Ontario Pick 3: 3 5 8; **Ontario Pick 4 :** 3 2 9 8
Encore: 6815366
Daily Keno: 5, 6, 11, 15, 19, 21, 23, 25, 34, 36, 39, 40, 41, 47, 53, 56, 60, 61, 66, 69.
These results are not official.

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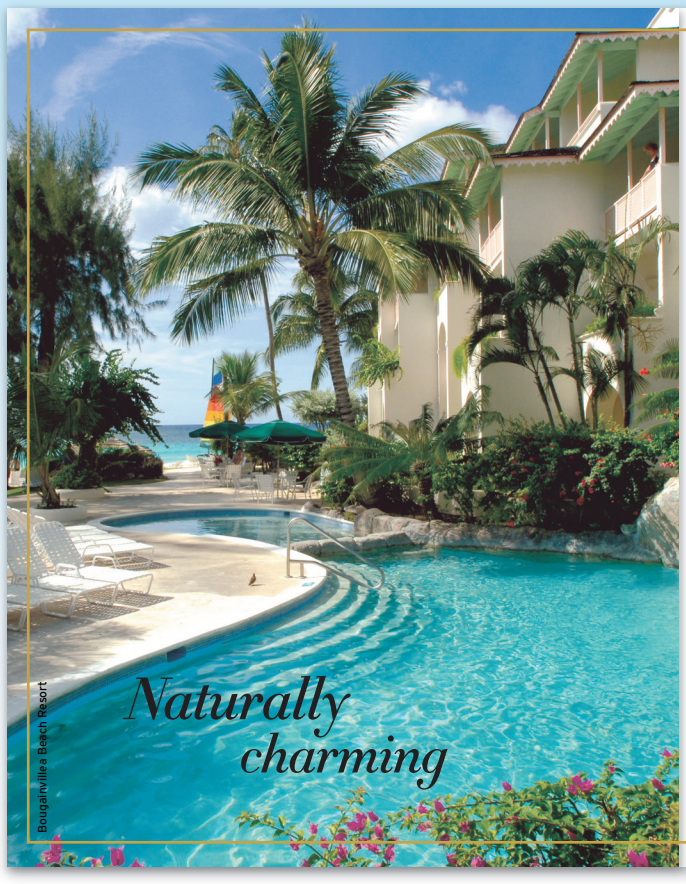

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Officer charged with impaired driving

A Toronto police officer has been arrested and charged with impaired driving. Const. Donald Graham, with 35 years of service, has been charged with operating a vehicle with a blood alcohol level over 80 mg. TORSTAR NEWS SERVICE

Ontario to look into Ticketmaster

Ticketmaster and its online resale site TicketsNow, which recently drew the ire of Bruce Springsteen and U.S. officials, will be probed to ensure people are paying a fair price for entertainment and sporting events, Ontario's attorney general said yesterday.

Chris Bentley

The availability and pricing of tickets sold through the entertainment colossus will go under the Ontario government's microscope, a move the Consumer's Association of Canada called "long overdue."

"More and more Ontarians are increasingly concerned about fair access to tickets at a fair price," Attorney General Chris Bentley said. "I want to make sure Ontario families get fair access to tickets."

Last week, Ticketmaster agreed to pay the state of New Jersey $350,000 and to change the way it does business in the United States because of an outcry from Springsteen fans about TicketsNow, where tickets for his homecoming show were being offered at hundreds of dollars above face value.

Ticketmaster purchased TicketsNow last year for $265 million US, and takes a slice of every ticket resold through TicketsNow, in addition to the original service charges it levies when tickets are first sold.

Complaints about Ticketmaster's ownership of the site were raised again last week after tickets went on sale for a Toronto concert by Canadian icon Leonard Cohen, Bentley said.

THE CANADIAN PRESS

RICK EGLINTON/TORSTAR NEWS SERVICE

Ontario truckers gather at Queen's Park yesterday to protest new legislation that forces truck drivers to use devices that restrict speeds of big rigs to 105 kilometres an hour.

Truckers' protest fizzles out

SPEED LIMIT A handful of truckers headed to Queen's Park to protest recent speed limit legislation yesterday morning formed a far shorter procession than the 200 trucks hoped to line the streets.

Only five trucks formed a convoy heading from Cambridge and Bowmanville to Queen's Park, said Const. Dave Woodford: "Not even enough to interfere with traffic."

The trucks had to reroute from Highway 401 after an overnight accident slowed traffic yesterday morning. Instead they diverted down Highway 97 to Highway 6 then to the QEW to the Gardiner Expressway, Woodford said.

The protest takes aim at a law that took effect Jan. 1 requiring the use of devices that restrict speeds to 105 km/h.

Truckers were given a six-month grace period, until July 1, to institute the changes.

Jack Logan, who organized the convoy from Bowmanville said the speed limiter legislation is not safe, will slow down traffic, and "will create a lot of road rage and hostility on highways."

The protest was planned for after rush hour to limit traffic disruptions, Logan said.

"Our beef is not with the public, our beef is with Queen's Park," Logan said. "It's not a truck blockade; we're not out there to disrupt the traffic or the motoring public. We could use their support as well."

TORSTAR NEWS SERVICE

Correction workers not all for new deal

UNION A tentative agreement has been reached between the province and the union representing corrections workers — but many employees are making it clear they're opposed to the deal.

The tentative contract for about 5,500 corrections workers was announced Sunday and endorsed by the Ontario Public Service Employees Union.

One union website had garnered more than 100 comments on the deal, and most were opposed to the contract. THE CANADIAN

News in brief

SEARCH Toronto police have released the name of the second man wanted in a shooting on a transit bus last month. Investigators are asking for the public's help in locating 22-year-old Marlon Cooper. He's wanted for attempted murder in the shooting of a 17-year-old boy on a bus in the city's northwest end on Feb. 23.

BAIL A 17-year-old charged in a car crash that killed two Toronto teens after a brawl in Ajax on Friday will have a bail hearing on March 18.

METRO NEWS SERVICES

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Report into faulty breast cancer tests to be revealed today

The report from a judicial inquiry into hundreds of faulty breast cancer tests in Newfoundland and Labrador will be publicly released today. Provincial Health Minister Ross Wiseman will hold a news conference today to release the three-volume report. THE CANADIAN PRESS

Canada

B.C. looks to cap payday rates

The B.C. government is moving to protect the province's most financially vulnerable people by capping interest rates and fees from payday lenders at 23 per cent of the principle borrowed. Solicitor General John van Dongen says some B.C. payday lenders are charging interest rates as high as 30 per cent for the average two-week loans — or about 782 per cent a year. THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

Mourners console each other after funeral services for Anne-Sophie Turcotte, 3, and her brother, Olivier Turcotte, 5, in Montreal yesterday. Their father, Guy Turcotte, is charged with two counts of first-degree murder in connection with the deaths.

Murdered children mourned in Montreal

QUEBEC A funeral was held in Montreal yesterday for two children who were found slain in their home on Feb. 21.

More than 100 people filled a funeral complex for the private service for Anne-Sophie Turcotte, 3, and Olivier Turcotte, 5.

Two balloons, one of Dora The Explorer and another featuring a cartoon vehicle from the Disney film Cars, were released into the sky after the ceremony.

Rev. Raymond Gravel says mourners attached stickers to the outside of the caskets and children's songs were played during the service.

The children's bodies were found in the family home in Piedmont, northwest of Montreal.

Their father, Guy Turcotte, has been charged with two counts of first-degree murder.

The priest says the kids' mother, Isabelle Gaston, asked the children during the service to help their father because he is surely living through pain.

Turcotte was hospitalized for what was initially described by police as a medication overdose.

THE CANADIAN PRESS

Helping our soldiers

MacKay reveals plan to help ill and injured veterans

Defence Minister Peter MacKay rolled out a $21-million plan yesterday for a new network of military support centres, responding to reports that Canada is doing a poor job caring for sick and injured members of the Armed Forces, veterans and their families.

MIKE DEMBECKAS/THE CANADIAN PRESS

Defence Minister Peter MacKay arrives at CFB Halifax yesterday to announce a national care program to look after injured members of the military, their families and the families of the deceased.

The eight centres, to be set up across the country before the end of the year, will ensure no member of the Armed Forces falls through the cracks when they are wounded, get sick or fall victim to mental illness, such as post-traumatic stress disorder, MacKay said.

"There will be essentially one-stop shopping to access help from the government of Canada," he told about 100 members of the military at Canadian Forces Base Halifax.

"This initiative will give our ill and injured the support they need to heal, to adjust and to prepare for the next phase of their lives."

MacKay's plan represents his response to a damning report issued in December by the military's ombudsman, Mary McFadyen.

She found that some Afghan war veterans who suffer from operational stress injuries were undiagnosed and weren't getting the care they needed.

THE CANADIAN PRESS

At-risk species need help: Expert

ACT Ontario's 183 at-risk species could be further threatened if the government doesn't strengthen its new Endangered Species Act, environment commissioner Gord Miller said yesterday.

Miller released a report reviewing the act, which took effect last June 30, and said the province could lose some of its more iconic creatures — like the monarch butterfly and woodland caribou — if more care isn't taken in protecting them.

"There's something permanent about extinction that insults the morality of humankind," Miller said.

THE CANADIAN PRESS

News in brief

WATER Residents of Kirkland Lake, Ont., are being asked to conserve water after the roof of a sewage treatment plant partially collapsed. Mayor Bill Enouy says the plant is running at full capacity and the task now is to get inside to determine if the plant can stay in operation.

CRASH Five people have been killed, including three children aged 1, 3 and 5, and three injured after a van and a car collided in southeastern Alberta.

MURDER A Newfoundland man charged in a 16-year-old double murder case has been ordered to return to court next month.

THE CANADIAN PRESS

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Alberta man facing charges for horses running wild

Police have charged William Gosney of Hinton with seven counts under the Stray Animals Act, along with two counts of mischief under the Criminal Code. RCMP in Hinton say that over the last three months they have picked up 26 stray horses wandering near highways. THE CANADIAN PRESS

Cop who fired Taser testifies

The RCMP officer who pulled the trigger on the Taser that stunned Robert Dziekanski says he believed the man had an "intent to attack" officers with a stapler he had in his hand.

Const. Kwesi Millington told a public inquiry yesterday that Dziekanski threw his hands in the air and walked away before turning toward the officers holding the stapler.

"He had the stapler open, his other fist raised; he was in a combative stance, as we call it, and was approaching the officers, I believe with the intent to attack, so I deployed the Taser," Millington told the inquiry.

He said he stunned Dziekanski a second time because he didn't appear to be immobilized.

The officer said he used the Taser four times in all, although records from the Taser show it was deployed five times.

Millington is the third of four RCMP officers who confronted Dziekanski to testify at the public inquiry into his death.

The RCMP officers were dispatched to the arrivals area of the airport Oct. 14, 2007, after emergency calls about a man throwing furniture in the airport's international arrivals lounge.

DARRYL DYCK/THE CANADIAN PRESS

RCMP Const. Kwesi Millington arrives at the Braidwood inquiry into the Taser-related death of Robert Dziekanski in Vancouver yesterday.

The officers headed straight for Dziekanski, and interacted with him briefly before Dziekanski picked up a stapler.

Within seconds, Millington delivered the first of five Taser jolts, sending Dziekanski writhing onto the airport floor and unwittingly sparking an intense debate about the use of conducted energy weapons across Canada.

Crown prosecutors have said subsequent shocks occurred when Dziekanski was on the ground.

It wasn't until last December — when Crown prosecutors announced they wouldn't be charging the four Mounties — that it was revealed there were actually five jolts. THE CANADIAN PRESS

Consumers: Beware fraudsters during crisis

SCAMS The federal government is warning businesses and consumers alike to watch out for scammers during the economic crisis.

Melanie Aitken, interim commissioner of competition, says no one can afford to lose money to scam artists, especially in such trying times.

Aitken says authorities expect both businesses and consumers to be more vulnerable to scams as they look for deals, and she says they need to be particularly wary of the potential for fraudulent activity.

Aitken issued her warning at the kickoff of Fraud Prevention Month, during which a national forum will host fraud-awareness activities across the country. THE CANADIAN PRESS

Complaints

- The Competition Bureau received almost 15,000 mass-marketing fraud complaints from Canadians last year — by mail, telephone and Internet.
- They included fraudulent contests where winners were asked to pay up front to collect prizes and bogus directory listings where companies that did not order directories were contacted to verify their mailing information so a bill could be sent.

ShareYourViews

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Grizzlies making comeback

BEARS Grizzly bears extinct from Manitoba for almost a century appear to be making a comeback.

Wildlife biologists say the bears have been spotted in the northern part of the province.

The government is giving the bears more protection against hunters to encourage the animals to settle back in Manitoba.

The province has added grizzly bears, swift foxes and muskox to the list of species protected in the wildlife act.

Government biologist Bill Watkins says killing just one of the bears right now would be catastrophic. He says the bears appear to be coming from Nunavut looking for food, but could end up staying. THE CANADIAN PRESS

Prisoner mistakenly freed from jail

SASKATOON Officials at a corrections centre in Saskatchewan are investigating why another prisoner was mistakenly released.

The Ministry of Corrections, Public Safety and Policing says Steven Perry Burns was let out in error Sunday from the Saskatoon Correctional Centre.

Burns was arrested after he allegedly failed to show up to serve a weekend sentence. Corrections spokeswoman Judy Orthner says Burns was mistakenly freed because it was believed his weekend time was complete.

But the 24-year-old was supposed to remain in custody to face new charges.

In Saskatchewan, at least 11 prisoners have been "incorrectly released" from custody since May 2006.

THE CANADIAN PRESS

News in brief

DEATH A Mountie has shot and killed a man armed with a knife at a trailer park on Vancouver Island Sunday night. RCMP spokesman Cpl. Darren Lagan says a senior officer fired the fatal shot after first attempting to convince the 39-year-old man to give himself up. Lagan says officers with the North Cowichan/Duncan RCMP used a Taser to deal with the situation before resorting to a firearm. THE CANADIAN PRESS

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Travel Apr 26 - May 8/ts — + taxes & fees $382

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Travel Mar 24 - Mar 30/ws — + taxes & fees $110

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INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 9/nol/ts.

Puerto Plata 4-Star — $538
Barcelo Puerto Plata (Prestige Class) — + taxes & fees $315
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 9/vat/ts.

Varadero 4-Star — $677
Oasis Varadero 1920 — + taxes & fees $199
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 6/nol/ts.

Mayan Riviera 4-Star — $697
Ocean Maya — + taxes & fees $267
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 9/nol/ts.

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LAS VEGAS 4 NIGHTS $205
Circus Circus — + taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Mar 9/swg/wg.

Orlando Family Holiday — $279*
Best Western Lakeside — + taxes & fees $228
INCLUDES roundtrip airfare and 7 nights 3-star accom near *Walt Disney World* Resort. Departs Mar 28/ggv/ts. ADD 7-day *Magic Your Way* Base Ticket from $298.

New York Weekend — $479
Wellington Hotel — + taxes & fees $117
INCLUDES roundtrip airfare and 3 nights 3-star midtown Manhattan accom. Departs Mar 27/ggv/pd.

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Vision of the Seas — + taxes & fees $65
INCLUDES 4-night Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from Stockholm (Sweden) and visit Tallinn (Estonia) and St Petersburg (Russia). Port charges included. Sails Jun 28.

San Francisco Weekend — $599
Radisson Hotel Fisherman's Wharf — + taxes & fees $133
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TICO

British motorcyclist jailed for 196-km/h ride with son on back
A British judge has sentenced a motorcyclist to six months in jail after he was caught speeding 196 kilometres an hour with his 14-year-old son clinging to the back. Police clocked the motorcycle going more than twice the limit of 97 kilometres an hour. THE ASSOCIATED PRESS

World

EU ban on seal products backed

A European Parliament committee has backed a proposal for a partial ban on the import of seal products from Canada and other sealing countries. The legislators, meeting in Brussels, rejected an initial bill that recommended tough labelling rules instead of a ban. The amended bill includes an exemption for Canada's and Greenland's Inuit communities.
THE CANADIAN PRESS

Afghan boys killed by Taliban: Military

The explosion that killed three Afghan children last week was the work of the Taliban and not Canada's fault, say military officials who admit they're still struggling to understand the outburst of anti-Canadian sentiment touched off by the tragedy.

Forensic analysis of fragments from the bomb that killed the three boys determined it was likely an old munition, perhaps left over from the Soviet occupation, that may have been fashioned into a booby trap, officials said.

Using archaic explosive material in a homemade bomb is a classic Taliban tactic, said Brig.-Gen. Jonathan Vance, the commander of Canadian soldiers in Afghanistan.

"The burden of proof and experience ... places the likelihood of harming people with explosives squarely on the shoulders of the insurgency."
Brig.-Gen. Jonathan Vance

"The burden of proof and experience in this part of the province places the likelihood of harming people with explosives squarely on the shoulders of the insurgency, not on the shoulders of Canadians," Vance said.

The children, aged 4, 12 and 13, likely found the device in a field on the way home from school and brought it into the village of Salehan before it detonated, Vance said in a prepared statement.

Grief-stricken villagers paraded in the streets of Kandahar after the blast, displaying the shattered bodies of two of the victims and crying for vengeance against Canada.

A Panjwaii district elder claimed the blast was the result of an unexploded Canadian mortar the boys found while scavenging for scrap metal, a common source of revenue in dirt-poor Afghanistan.

THE CANADIAN PRESS

AMR NABIL/THE ASSOCIATED PRESS

U.S. Secretary of State Hillary Clinton waves at the end of the Gaza conference in Egypt yesterday.

Donors pledge $5.2B to Gaza

MIDDLE EAST International donors pledged $5.2 billion US to rebuild the devastated Gaza Strip and boost the Palestinian president at a conference yesterday, and they urged the Palestinians to end their divisions and revive the peace process with Israel.

Still to be determined is how the money will be distributed. Most international donors won't funnel money directly to the Hamas rulers of Gaza. And lack of a formal ceasefire between Israel and Hamas has kept Gaza's borders sealed to most aid shipments.

The conference gathered the presidents of Egypt and France, the United Nations secretary general and top diplomats from 45 countries.

THE ASSOCIATED PRESS

News in brief

ELECTION India, the world's largest democracy, will begin five-phase national elections in April, the Election Commission said yesterday, as the country's two main parties struggle to hold their own in a political system increasingly fractured by India's complex social class structure.

POLL Muslims in America have a much more positive outlook on life than their counterparts in most predominantly Muslim countries and some other western societies, according to a poll released yesterday.

VATICAN Pope Benedict has formally rescinded the promotion of an ultra-conservative priest who came under fire for suggesting that God punished New Orleans with Hurricane Katrina. The Vatican announcement yesterday confirmed a previous decision by Rev. Gerhard Maria Wagner to pass up the promotion.

THE ASSOCIATED PRESS

Tax cuts. Reach out and claim them.

The Government of Canada has introduced a wide range of tax cuts to help Canadians save on their taxes. Lower taxes are part of *Canada's Economic Action Plan*.

There are measures like the Children's Fitness Tax Credit, which allows parents to claim up to $500 in eligible fitness expenses paid for each qualifying child.

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Canada

NATO may ask China for support in Afghanistan

A senior U.S. official says NATO may ask China to open a supply route to support the war effort in Afghanistan. The official said yesterday the issue was likely to be discussed at a meeting of NATO foreign ministers Thursday in Brussels. THE ASSOCIATED PRESS

War hero's parents killed themselves

WORLD WAR The disappearance of Second World War hero Raoul Wallenberg took an even deeper toll on his family than thought, his half-sister Nina Lagergren said yesterday, confirming a report that her parents committed suicide in 1979 by overdosing on prescription drugs.

Wallenberg was arrested by Soviet troops in 1945. The Russians say he died in prison in 1947, but never produced a proper death certificate or his remains. THE ASSOCIATED PRESS

Snowstorm grips U.S.

Flights cancelled, traffic jams, schools closed

A ferocious storm packing freezing rain, heavy snow and furious wind gusts paralyzed most of the U.S. East Coast yesterday, sending cars careening into ditches, grounding flights and closing school for millions of children.

A crash caused a 25-kilometre traffic jam in North Carolina, forcing police and the Red Cross to go car-to-car to check on stranded drivers. The storm was blamed for 350 crashes in New Jersey, and a Maryland official counted about 50 cars in the ditch.

Snow day

- Schools in North Carolina, South Carolina, New Hampshire, New Jersey and Maine gave children a snow day.
- New York City called off classes for 1.1 million public school students for the first time in more than five years.

Travellers were stranded everywhere, with most flights cancelled at the three main airports in the New York area and at Boston's Logan International Airport.

Most areas in the storm's wake expected to see at least 20 to 30 centimetres of snow. The weather contributed to four deaths on roads in Massachusetts, Rhode Island and on Long Island. THE ASSOCIATED PRESS

BALTIMORE SUN, AMY DAVIS/THE ASSOCIATED PRESS

A woman battles wind and snow on her way to work yesterday in Baltimore after the first substantial snow arrived overnight.

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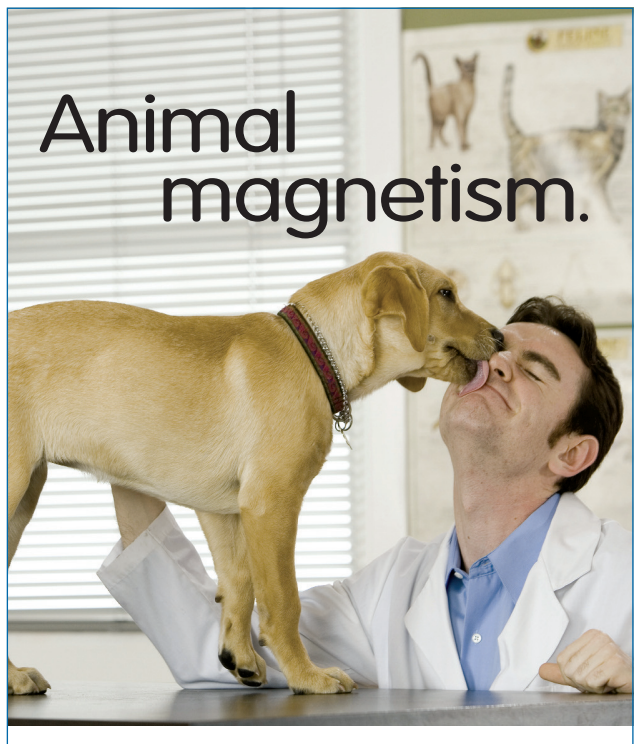

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Come to our School of Veterinary Medicine Information Seminar, Saturday, March 14, 10:00 am Hotel Novotel Toronto North York

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Bangladesh launches hunt for mutineers

CRISIS Bangladesh deployed soldiers countrywide yesterday to hunt down more than 1,000 border guards wielding stolen weapons who fled after a bloody mutiny left scores of army officers dead.

The powerful military, which has backed 21 coups in the country's 38-year history and only relinquished power to an elected government two months ago, is furious about Prime Minister Sheikh Hasina's handling of the crisis.

The two-day mutiny last week left the border guards' compound in the capital, Dhaka, littered with the corpses of dozens of army officers. Rescuers have recovered 77 bodies, while 71 officers were still unaccounted for and presumed dead.

The military said Hasina should have ordered an army assault. But after hundreds of mutineers fled the compound she instead promised them amnesty, a promise she later withdrew for those directly responsible for the killings. THE ASSOCIATED PRESS

Democracy

- Sheikh Hasina came to office after late December elections that returned Bangladesh to democracy nearly two years after an army-backed government seized control ostensibly to quell deadly protests to demand electoral reforms.

CIA destroyed 92 tapes of terror interrogations

PROBE Documents revealed yesterday show the CIA destroyed 92 tapes of terror interrogations, far more than has previously been acknowledged.

The acknowledgment of dozens of destroyed tapes came in a letter filed by government lawyers in New York, where the American Civil Liberties Union has filed a lawsuit seeking more details of the Bush administration's terror interrogation programs following the Sept. 11, 2001, terror attacks.

ACLU lawyer Amrit Singh said the CIA should be held in contempt of court for holding back the information for so long. THE ASSOCIATED PRESS

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News in brief

GUINEA-BISSAU Soldiers assassinated the president of Guinea-Bissau in his palace yesterday after a bomb blast killed his rival, but the military insisted no coup was taking place in the West African country.

AUSTRALIA Rescuers used jet skis, backhoes and human muscle to save 194 pilot whales and half a dozen bottlenose dolphins stranded on Naracoopa Beach on Tasmania state's King Island yesterday — the fourth beaching incident in recent months. THE ASSOCIATED PRESS

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Comment & Views

Comment

Harper's deep-blue funk

NationalReport

What is irking the prime minister these days? It looks like he's back in confrontation mode, one of his deep-blue funks.

How about his plan to distribute $3 billion in stimulus funds from behind closed doors? Either accept it, he tells opposition leaders, or we'll have another election. The ultimatum came at the same time his information commissioner, Robert Marleau, released a report denouncing the government's habitual secrecy. Well, Marleau, the PM so much as said, you can get stuffed, too, just like the opposition.

We have the news also that Harper's war-room staff are reviewing hours of tape of Liberal Leader Michael Ignatieff to find material for some cheap attack ads. In a show of civility, the PM had refrained from doing this. But now he's going back into the gutter. Attack ads never used to be used between election campaigns in Canada. Harper started the practise against Stéphane Dion, and now Iggy had better beware. This prime minister will go as low as it takes.

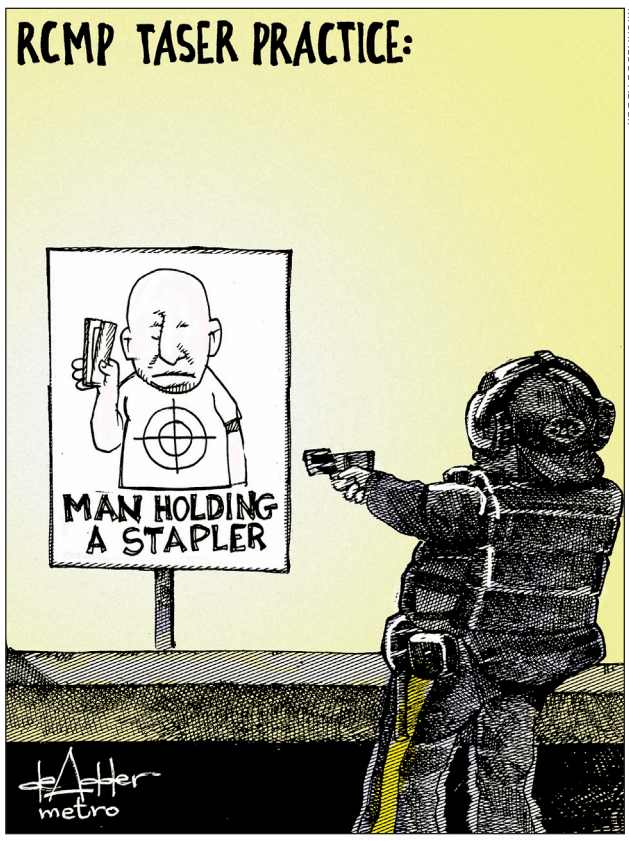
On the foreign front, the Conservatives have suddenly turned cold warriors. They tried to get a great ruckus going with Moscow, announcing that Russian planes got close to Canadian air space near the time of Barack Obama's visit. The Russians do these fly-bys as a matter of routine. The story was one of the great yawners of the winter. But the PM likely figured some suckers in the media would take it seriously and portray him as a tough guy standing up for Canadian sovereignty against the evil Reds.

Then he took on Iran using vile words to denounce the regime. It was a little late — about two years behind everyone else — to get in on this story. But with the big liberal winds rushing across the continent, Harper needs to shore up his right-wing base. Russia and Iran will do, along with more deification of Israel thrown in for good measure.

Things are uppity in Ottawa. The PM's office is reportedly beside itself over reports that the Governor-General received an invitation to visit Barack Obama in Washington while the prime minister did not. Unnamed sources — we can guess from where — are saying that no, she didn't. The Gov. Gen.'s office is saying that yes, she did.

Harper took a lot of hits over the winter and now clearly wants to show he is back in command. But when he gets in these kinds of zones, things can get ugly. He wasn't exactly cut out for minority governments and he's starting to run this one like he did the last. Like he won a landslide.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Metro Online Poll Results

25% SAID YES	Is Canada doing enough to responsibly manage the oilsands? *Weigh in on today's question at metronews.ca*	75% SAID NO

Views

Volunteering a functional approach to violence

InStep

I once remarked in jest that banning knives would be the next proposal, followed by a scissors ban, a hammer ban and a ban on anything else that could be potentially be used as a murder weapon. I was commenting about the political drives for gun bans. Well, Edmonton Mayor Stephen Mandel is actually thinking about a ban on the sale of large knives following a recent rash of stabbings. It's another knee-jerk reaction by a politician trying to create the illusion to their voting bloc that they are steadfast defenders of public safety.

Political posturing is part of our own creation as we rely on a government fix-all approach to our collective woes — from the economy to the social maladies plaguing our communities. And our politicians recognize that silence is never golden in the microcosm of political life, particularly when there is an urgent public outcry on any matter.

In Vancouver, there have been seven brazen shootings in February alone as B.C. continues to grapple with surging gang-related crime, causing a frenzied fear among many citizens. In response, Ottawa unveiled anti-gang legislation which guarantees an automatic first-degree murder charge for any homicide linked to organized crime.

Time will tell how effective this bill will prove to be at reducing violence. In the meantime, there is a practical component that both government and citizens can work on together: Building mentorship programs, supported heavily by volunteerism.

It's time for government to implement ... investing in volunteerism to help improve our communities.

With National Volunteer week coming up soon, consider the facts: In Canada, approximately 12 million volunteers contribute $112 billion in economic revenue, a bigger contribution to the country's GDP than the manufacturing sector, with its two million paid employees. In fact, volunteerism is saving jobs by keeping many social service and health agencies afloat.

Vulnerable youth recruited into gang life have shown some remarkable turnarounds when integrated into mentorship programs of which volunteers are vital. But it costs money to recruit, train and promote volunteers. In tough economic times, crime and violence escalate, and there is extra need for funding to social services, which unfortunately get starved as governments gear stimulus packages toward the corporate sector.

It's time for government to implement a sustainable, common-sense approach to both crime and stimulating the economy by investing in volunteerism to help improve our communities.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Letters

Guns don't commit crimes, criminals do

Re: The allure of fake guns spells trouble (Feb. 27)

When I was a kid years and years ago, I had toy guns that looked real. As I got older, I bought real guns. Now my wife, my son and I own real guns and, guess what? We don't go around robbing people.

The fact of the matter is, some Canadians nowadays are a bunch of shrill scaredy-cat losers, at least those that squeal for a ban every time a criminal commits a crime — be it with a toy gun or a shot gun.

Well how about a ban on criminals, or how about letting those of us with at least a bit of a sense of self preservation and the knowledge that we can defend ourselves do just that.

BILL MURPHY, EDMONTON

ShareYourViews
torontoletters@metronews.ca

Quote of the Day

"He had the stapler open ... he was in a combative stance ... I believe with the intent to attack, so I deployed the Taser."

— RCMP Const. Kwesi Millington explaining why he used a Taser on Polish immigrant Robert Dziekanski yesterday in testimony at a public inquiry into Dziekanski's 2007 death.

THE CANADIAN PRESS

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Opportunity knocks

The Safer Tomorrows through Education and Play (STEP) program is seeking creative and knowledgeable volunteers to host visual arts workshops for students. For more, email jenniferproc@stleonardstoronto.com. **METRO NEWS SERVICES**

Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

More youth give time: Poll

EVA LAM
for Metro Canada

Think you're busy? Meet John Stubbs.

The 27-year-old is a full-time senior manager at Scotiabank and a part-time MBA student at Ryerson University. Over the past five years, he has also been a physiotherapist assistant at the Toronto Rehabilitation Centre, a sports group facilitator at the Centre for Mental Health and Addiction and a camp counsellor at Gilda's Club.

The last three were all volunteer positions, born out of a personal interest. "I didn't do my undergraduate degree in health sciences, but I've always been keen to find out how those people are helped and how those facilities are run," Stubbs says.

"As a volunteer, you're able to experience that without having to go to school for four years to get your degree in it and have a full-time job with it."

Stubbs

Stubbs is just one of the growing number of young adults getting engaged as volunteers. According to the 2004 Canada Survey of Giving, Volunteering and Participating, Canadians aged 15 to 24 have a higher rate of volunteering than any other age group, with 55 per cent volunteering. Among those aged 25 to 34, 42 per cent volunteered.

Those are heartening numbers for Deborah Gardner, who connects volunteers to opportunities as executive director of Volunteer Toronto.

For young adults living away from home for the first time, volunteering can provide a sense of community, she says. That could mean choosing opportunities that centre on your neighbourhood, gender or ethnic background.

She also recommends volunteering as a way to develop new skills and networks. "You're not working, so your employment's not in jeopardy if you make a mistake," she says. "You can go outside of your comfort zone as a volunteer and try things."

Volunteering can provide a sense of community.

The digital age has allowed Volunteer Toronto to venture beyond the traditional avenues of promoting volunteerism at community fairs and schools. Now, Facebook and Twitter are also used to mobilize computer-savvy volunteers, while the agency's website lists about 12,000 opportunities at any given time.

Stubbs is doing his part to appeal to the younger generation, transitioning his volunteer experience to the planning and development side of the sector. Besides sitting on Volunteer Toronto's board of directors, he is currently involved with United Way's GenNext initiative, which targets the young adult demographic in promoting volunteer opportunities.

He views it as yet another step in his personal development. "Volunteers always get something back from it," he says. "There's always an equal exchange, but the exchange might not be monetary. The exchange is the experience gained."

Sector adopts code of volunteer involvement

The volunteer sector has its own version of the Hippocratic Oath when it comes to standards of behaviour. The Canadian Code of Volunteer Involvement outlines three main elements:

- **Values.** Volunteer involvement benefits the volunteer, the organization and society.
- **Guiding principles.** Volunteers have both rights and responsibilities.
- **Organizational standards.** Organizations should consider 12 standards when developing or reviewing volunteer involvement. These range from program administration to recognition.

A downloadable copy of the code can be found at volunteer.ca. **– EVA LAM /FOR METRO CANADA**

BREW SOME GOOD WEEK

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Be inspired at brewsomegood.ca

Mexico's peso weakens to new record low
Mexico's battered peso has weakened to a new record low of 15.3 against the U.S. dollar. Its fall came as the Dow Jones industrial average plunged below 7,000 yesterday for the first time in more than 11 years. The peso's previous low was 15.09 on Friday. THE ASSOCIATED PRESS

Business

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Deep, widespread recession

3.4% slump in fourth quarter biggest drop since 1991

Canada slumped into a deep recession in the final months of last year as the economic retreat expanded across most sectors and across the country.

The economy contracted by 3.4 per cent in the fourth quarter, the biggest drop since the recession of 1991, Statistics Canada said.

But equally alarming was that December's gross domestic product fell a full one percentage point below its November level, an indication that the downward momentum appears to be picking up steam. Each of the three months in the last quarter was worse than the previous one.

The grim news took its toll on stock markets, the S&P/TSX plunging more than 500 points at one point before settling at 7,687.51, its worst level since the fall of 2003.

The Dow Jones industrial average plunged below 7,000 for the first time in more than 11 years. A staggering $61.7-billion US in quarterly losses at insurer American International Group touched off new fears about the health of the U.S. financial system.

Given the pace of deceleration, Douglas Porter, deputy chief economist with BMO Capital Markets said he expects the economy will shrink by more than six percentage points in the first quarter of this year. THE CANADIAN PRESS

Worse than projected

- Canada's economy recorded a slim 0.5 per cent advance for 2008 as a whole, lower than the 0.7 per cent projected both by the central bank and the federal government's budget.
- The 3.4 per cent drop in the fourth quarter was also lower than the Bank of Canada's 2.3 per cent estimate.

Business in brief

MINING Sulliden Exploration has agreed to pay $13.5-million US cash and transfer a 10 per cent stake in the Toronto-headquartered mining company to settle a dispute over ownership of a gold and silver property in Peru.

LOSS Desjardins financial group had a $476 million loss in the fourth quarter because of writedowns of its commercial paper holdings and investment losses.

CHANGES Cargojet Income Fund named National Post president and chief executive and former head of the Toronto Blue Jays baseball team Paul Godfrey as a trustee to replace Jonathon Carroll, president of itravel2000. Carroll left the board for personal reasons effective Feb. 27. Cargojet is a provider of overnight air cargo services with a fleet of 34 aircraft. METRO NEWS SERVICES

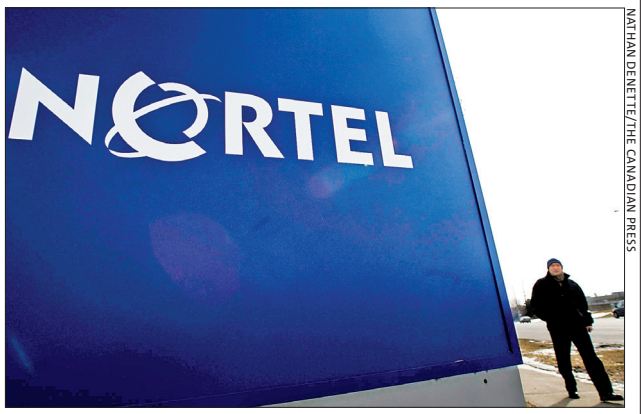
Bell Canada buys up 750 Source stores

ELECTRONICS The Source by Circuit City is shuffling its 750 electronics stores across the country into the hands of Bell Canada for an undisclosed price.

The phone company said yesterday it will acquire Circuit City for considerably less than the $335 million paid by Circuit City in 2004 for the retail chain. U.S.-based Circuit City and its Canadian subsidiary sought court protection from creditors last year.

Bell Canada says it wants to use the stores to carry consumer services, such as Bell Mobility and Solo Mobile cellphones as well as television, Internet and phone products.

The company also said it would continue to operate the stores under The Source name, and carry a similar line of electronics. THE CANADIAN PRESS



NATHAN DENETTE/THE CANADIAN PRESS

A man walks past a company sign at a Nortel Networks office tower in Toronto. Nortel posted a 2008 net loss of $5.8 billion US.

Nortel loses $5.8B in 2008, $2.14B in fourth quarter

TELECOM The indignities keep coming for Nortel Networks Corp. as it operates under court protection from creditors: A 2008 net loss of $5.8 billion US and no optimism for 2009.

The Toronto-headquartered company lost more than $2 billion US in the fourth quarter, pulled down by heavy asset write-offs and a 15 per cent slump in sales for the penny-stock telecommunications equipment maker.

Nortel, which keeps its accounts in U.S. dollars, booked a fourth-quarter net loss of $2.14 billion or $4.28 per share, compared with a year-ago loss of $844 million, $1.70 per share. Revenue was $2.72 billion, down from $3.2 billion a year ago but up from $2.32 billion in the third quarter. THE CANADIAN PRESS

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Caring for your skin between facials

Norma Daniel, an esthetician and spa director at HighFields Country Inn & Spa in Zephyr, Ont., and Suzanne Soares, spa manager of Concepts Salon & Spa in Toronto offer their tips on caring for your skin between facials:

- Use an eye-specific cream because the skin around your eyes is more delicate.
- Don't skip the toner/tonique: It re-establishes your skin's pH factor and prepares it for moisturizing.
- Try to stick to the same line for all facial products: toner, cleanser, moisturizer, serum and eye cream. This way you'll get the full benefit.
- If you're on a tight budget, go with at least a high-quality moisturizer.

CELIA MILNE/FOR METRO CANADA

Pick-me-up facial

Treat skin at least four times a year, say experts

CELIA MILNE
for Metro Canada

Having regular facials can help deal with blemishes as well as educate you on how to care for your skin between treatments.

When winter turns to spring (if it ever does!), why not go for a pick-me-up facial?

"When the season changes, your skin changes," says Suzanne Soares, spa manager of Concepts Salon & Spa in downtown Toronto. She recommends women and men have a professional facial done at least four times a year, with the changing seasons.

A facial helps to refresh your skin and give you a hydrated, glowing complexion, says Norma Daniel, an esthetician and spa director at HighFields Country Inn & Spa in Zephyr, Ont., less than an hour's drive north east of Toronto.

"After winter the skin can be dehydrated from cold winds and central heating," she says.

During a facial, your esthetician analyzes your basic skin type: sensitive, dry, excessively dry, normal or oily. "Education is important," says Daniel, "so that you are aware of your skin type and know how to treat your skin at home. For example, we would use a water-based moisturizer for oily skin and an oil-based moisturizer for dry skin."

Having a regular facial is also a safe way of dealing with blemishes. For instance, trying to extract black heads on your own could lead to broken capillaries or bruising, says Soares. And, adds Daniel, exfoliants, over stimulation, and aggressive extractions, can all cause keloids, scarring and discoloration that can be irreversible, especially with dark skin.

When to time your facial? It's best to book it the day before (not the day of) a big event. After your facial, your face may be a little red for a few hours, and you shouldn't wear make-up because your skin needs to breathe.

It's important to care for your face at home in between facials, agree Daniel and Soares.

"It's like going to the dentist," says Soares. "There's no point unless you brush your teeth regularly at home. You need to continue proper skin care at home."

Dating in hard times

Many flocking to inexpensive online dating

The J Spot

Sex talk with Josey

We're all looking to get the best "bang for our buck" these days, but when it comes to online dating, the phrase takes on an even more literal (if slightly crass) meaning.

Single folks, it seems, are flocking to online dating sites and services. Match.com says business is up 40 per cent, plentyoffish.com has seen a 77 per cent increase in traffic, speeddate.com traffic is up 60 per cent, the list goes on.

The reasons for the spike make sense: Unemployed people have more time on their hands, online dating is relatively inexpensive (a $30 membership to meet a bunch of duds, rather than wasting a $100 dinner on one dud), during hard times we focus on what really matters in life and we seek the comfort of relationships to get us through the depressing and scary bits.

But, just because it's cheap, doesn't mean you're always getting the best value. Jill Ryan runs Romantic Recruiter, a service that helps people get the most out of their online dating experience. Yes, it'll cost you (go to romanticrecruiter.com for fees) but today Ryan is doling out some free advice:

ISTOCK

During hard times we seek the comfort of relationships, which could explain the recent spike in online dating sites and services.

Riding the Recession

J: How can you get the most value for your online dating buck?

RR: Going with whichever site jammed your inbox with the most junk mail can hurt more than help.

Remember that everyone's dating experience is unique. Just because one site works for your friend or co-worker doesn't mean it will work for you.

Investigate sites before signing up and handing over your credit card information. Check the site's refund and payment policy (some have auto-renewal and you won't know it until it happens unless you read carefully!) as well as online reviews for success and horror stories.

J: Do free sites work?

RR: Not likely. Free accounts on dating web sites usually allow you to see your matches but won't allow you to contact them without paying. Paid member can contact non-paying members but many free sites will automatically delete personal information like email addresses or telephone numbers to prevent customers from making a "match" outside the site.

J: Any other words of caution?

RR: No site can offer 100 per cent protection — it's ultimately up to you to keep yourself safe. But find out whether site has a "complaints" department, just in case.

Common sense goes a long way. Never send money to anyone who solicits through emails. Never exchange personal information you would not feel comfortable discussing with a colleague. That freedom comes much later in the communication process after you exchange personal email addresses.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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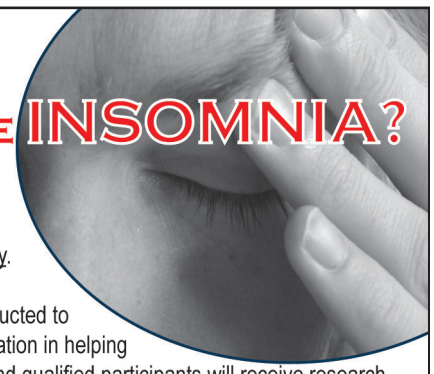

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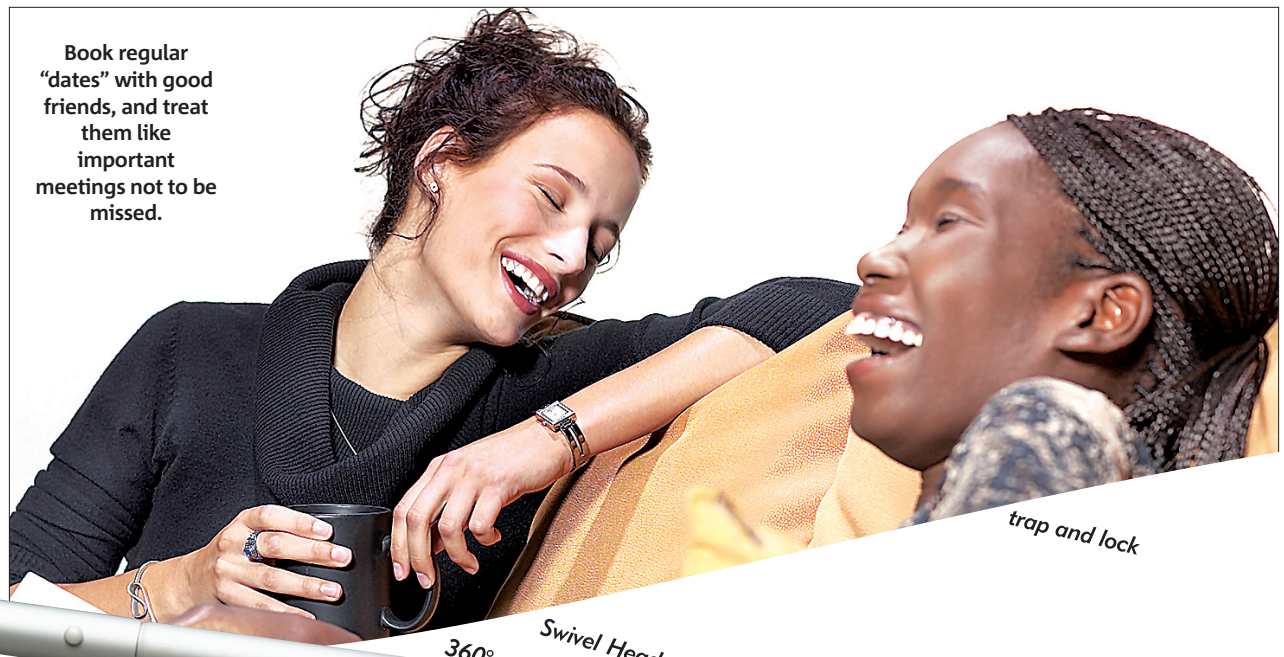
The friendship connection

Five reasons why close bonds are good for your health and well-being

TINA PITTAWAY
for Metro Canada

There's no substitute for a good friend. And while crazy schedules can make it tough to get together, new research suggests that finding the time to nurture these relationships can be important to your well-being.

"I'm a firm believer in the health benefits of friendship," says Dr. Art Hister, a family physician in Vancouver and the author of Dr. Art Hister's Guide to Living a Long & Healthy Life. "The more friendships you have, the happier you are, and that has all sorts of physical benefits." So reach out to a friend today: You'll both reap these five health rewards.



Book regular "dates" with good friends, and treat them like important meetings not to be missed.

1. Your stress level drops

Whether it's coffee at your kitchen table or a visit to an art gallery, carving out time for friends pays off. While we all know that loneliness can make us unhappy, research suggests it can be a killer as well. In 2006, researchers at the University of Chicago analyzed data from several studies that showed lonely people reacted more intensely to the curveballs life threw their way. For some people, that led to elevated levels of epinephrine, part of the body's "fight-or-flight" system. Consistent spikes in stress hormones can lead to high blood pressure, heart attack or stroke.

2. You may lose weight

Eating good-for-you foods when you get together with friends can be contagious, so lead the way. American researchers who analyzed the social ties of more than 12,000 people who participated in a major heart study found clusters of thin people and obese people, which suggests that friends have a strong influence on weight. That's something Diane Finegood, scientific director of the Institute of Nutrition, Metabolism and Diabetes in Burnaby, B.C., part of the Canadian Institutes of Health Research, has seen first-hand. "If I'm at a buffet, I'll take a dessert plate, which is smaller than a dinner plate, and use that for my meal," she says. "People I'm eating with see that, and it's an opening for talking about choices, and it gets others on board."

3. You may live longer

Know someone who's battling a health problem or the blues? They may find it tough to reach out, so show them you care by connecting with them regularly. According to researchers in the U.S. who looked at 503 women with symptoms of coronary artery disease, the women who had few personal contacts in their day-to-day life were twice as likely to die over the next two to four years as were those who had a more robust roster of friends. And the more the merrier: If you have a few friends in common, get them on board, too. You'll all feel better about staying in touch and it could make a huge difference to a friend in need.

4. You'll stay active

We all know that exercise can help us feel great, but new research suggests that it may make you happier with your friendships as well. Researchers at the University of Alberta found that children who are good at sports also tend to be more satisfied with the number and types of friends they have. Lead researcher Janice Causgrove Dunn says this can also apply to adults. Even if you haven't been active in years, bolster your friendships by exercising together. "It doesn't have to be a skilled activity like volleyball or soccer," says Causgrove Dunn. "It can be as simple as a morning walk together. Getting out with a friend can keep you motivated, and it's more fun because you have someone to talk with."

5. Your love life may improve

Friendships give you the opportunity to hone your relationship skills in all sorts of ways, which can help pave the way for stronger intimate relationships. Studies have shown that individuals who lack these close relationships are more prone to depression and drug and alcohol abuse. Last year, researchers in California confirmed previous studies that highlighted the benefit of healthy friendships as a foundation for forming the skills needed to foster meaningful intimate relationships. So ask your friends to help you work on issues that may be challenging your love life, such as your chronic lateness.

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Nurturing improves memory

RESEARCH Giving young girls a stimulating environment may one day affect their children's brain power, says a recent report in in The Journal of Neuroscience.

Study author Dean Hartley, associate professor of neurological sciences at Rush University Medical Center, Chicago, says that providing an enriched atmosphere for mice — coloured balls, toys and a running wheel — helped them overcome a genetically created defect in memory.

Hartley points out that this adds weight to the "nurture" side of the nature-versus-nurture debate. It is not just our genetic structure but also our environment that shapes us, he says, and even a pre-existing intellectual deficit can be overcome.

What startled researchers, he says, is that the "rescue effect" was passed on to the next generation.

Researchers followed the offspring of these mice and discovered they too had improved memories without having had enriched environments themselves, although their babies did not.

"Environmental enrichment during youth has dramatic additional powers," Hartley says.

To make sure the baby mice weren't just benefiting from improved parenting by the enriched mothers, some were raised by foster parents. They continued to show improved memories.

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Get fit on the cheap

Opt for household items and inexpensive resistance tools

PATRICIA D'CUNHA
for Metro Canada

Dancing in the streets may be the frugal way to get a workout, given these tough economic times.

But luckily there are many other ways to stay in shape and maintain an active lifestyle without emptying the wallet.

"You don't need a budget to get active — you just need to get moving."
Kelly Murumets, CEO and president of ParticipACTION

"Getting active doesn't require a big investment of time or money," says Kelly Murumets, CEO and president of ParticipACTION, a non-profit organization that encourages healthy, active living among Canadians. "Simple activities, like doing errands on foot, walking your dog or taking the stairs, can make a big difference in your health."

Murumets says that walking is one of the cheapest and easiest ways to stay active, whether it is walking to work, the grocery store, the subway, or up and down the stairs. "You don't need a budget to get active — you just need to get moving," she said.

She says there are simple things people can do to stay active on a budget, such as dancing in the living room, doing yoga, playing soccer with family and friends, lifting loads of laundry, tobogganing, shovelling snow or even cleaning the house, to name a few.

Cardio activities are not the only things needed to stay in shape — core muscles groups also need to be worked, and going to a gym is not the only way to increase strength. "You (don't) need to spend a lot of money on fancy gadgets or the latest technology to keep it interesting. There are many household items you can use to make sure you keep moving," says trainer Ivy Lim, owner of iPower Train Fitness. She suggests using a countertop, a bench or two chairs to do triceps work, or taking two large cans from the pantry and trying bicep curls.

There are also some simple and inexpensive things you can buy to help with working those core groups. Lim recommends tubing or exercise bands as resistant tools. "They come in different lengths and tension, so you can use them for all your major muscle groups," she says, as well as a stability ball, which can be used for abs, legs and arms.

If you despise exercising solo, there is a solution to make staying active more fun. Lim says to find a power-walking pal or a running/walking/sporting team in your neighbourhood. "There are now a lot of boot-camp programs with various price ranges — it doesn't tie you in to a year-long membership," she adds.

Murumets says that instead of meeting friends for coffee or dinner, to invite the friends to walk the dog or even signing up for classes at the community centre. "It's easier to get moving with a friend or partner — and it's definitely more fun," she says.

Overall, trainer Ivy Lim, of iPower Train Fitness, offers these tips on working out at home or outdoors for less:

- Free body movement: using your own body weight for movement and resistance.
- Pushups: using the wall or bench.
- Squats and lunges: varying stances and angles.
- Jumping jacks, running on the spot and "air" rope skipping.
- 10 minutes of upper body work, 10 minutes of lower body work and five minutes of abs.

(Note: Always consult your doctor before trying any exercise activity.)

Riding the **Recession**

Right: Trainer Ivy Lim, owner of iPower Train Fitness, demonstrates a bicep curl using a resistance band. At about $15 for a set of three, she says these are a good, inexpensive piece of exercise equipment.

Invest in good quality exercise footwear like Brooks' new high performance Ghost running shoe, $140 (available for men and women.) Call 1-800-668-5480 for a list of retailers near you.

The essential tools

Kelly Murumets, CEO and President of ParticipACTION, recommends these inexpensive exercise tools and gear:

- *Endurance*: invest in running shoes for walks, runs and bike rides.
- *Flexibility:* yoga mat and favourite music to dance or stretch to.
- *Strengthening:* light weights, dumbbells, medicine ball and surgical tubing.

PATRICIA D'CUNHA/
FOR METRO NEWS CANADA

Open-plan office not healthy

CELIA MILNE
for Metro Canada

REPORT Do you work in your own office, or in a sea of cubicles?

Open-plan offices are much more conducive to illness, report Australian experts on workplace health. Not only do these newsroom-style offices cause higher rates of stress, high blood pressure and the flu, they also make employees feel insecure and aggressive.

Public health expert Dr. Vinesh Oommen from Queensland University of Technology in Brisbane, Australia, reviewed all past research into how open-plan workplaces affect workers.

"The evidence we found was absolutely shocking," he said. "In 90 per cent of research, the outcome of working in an open-plan office was seen as negative." He and other researchers say that employees are more productive and happy if they work in private, closed-in offices. So much for sharing creative juices!

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New research suggests the season you were born in could have affected your height.

Summer babies are bigger, study

CELIA MILNE
for Metro Canada

RESEARCH How tall are you? When were you born?

Children who are born in late summer or early fall are often taller and have stronger bones than children born in the spring and winter.

The reason? It might be because summer and autumn babies are receiving higher amounts of vitamin D from the sun. In fact, this may occur while the fetus is still in the womb. The conclusion was reached by researchers in the U.K. after studying 7,000 kids.

The scientists — from Bristol University — reported that by the age of 10, children born in the summer and autumn months were on average half a centimetre taller than those born in the spring and winter. And they had slightly thicker bones, which may protect them from developing osteoporosis later in life.

The researchers suggested that pregnant women who are due in the summer and autumn months should make sure they spend a little time out in the sun. Women whose babies are due between November and May should ask their doctors about taking vitamin D supplements.

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CELIA MILNE
for Metro Canada

BEAUTY All this in a little jar! Now you can soothe your dry, cracked hands and support your country, help the environment, and protect your body from chemicals. Gardener's Hand and Heel Balm is an example of the new guilt-free, chemical-free skin care products marching onto the market.

This silky balm is made by Green Beaver Co, which is committed to using as many Canadian-grown ingredients as possible. And raw materials in the Green Beaver line are certified as organic. That means no nasty preservatives such as parabens, no synthetic emulsifiers, no foaming agents, and no synthetic perfumes and dyes. Packaging is recyclable. Green Beaver's balms, lotions, and shampoos are available at health food stores.

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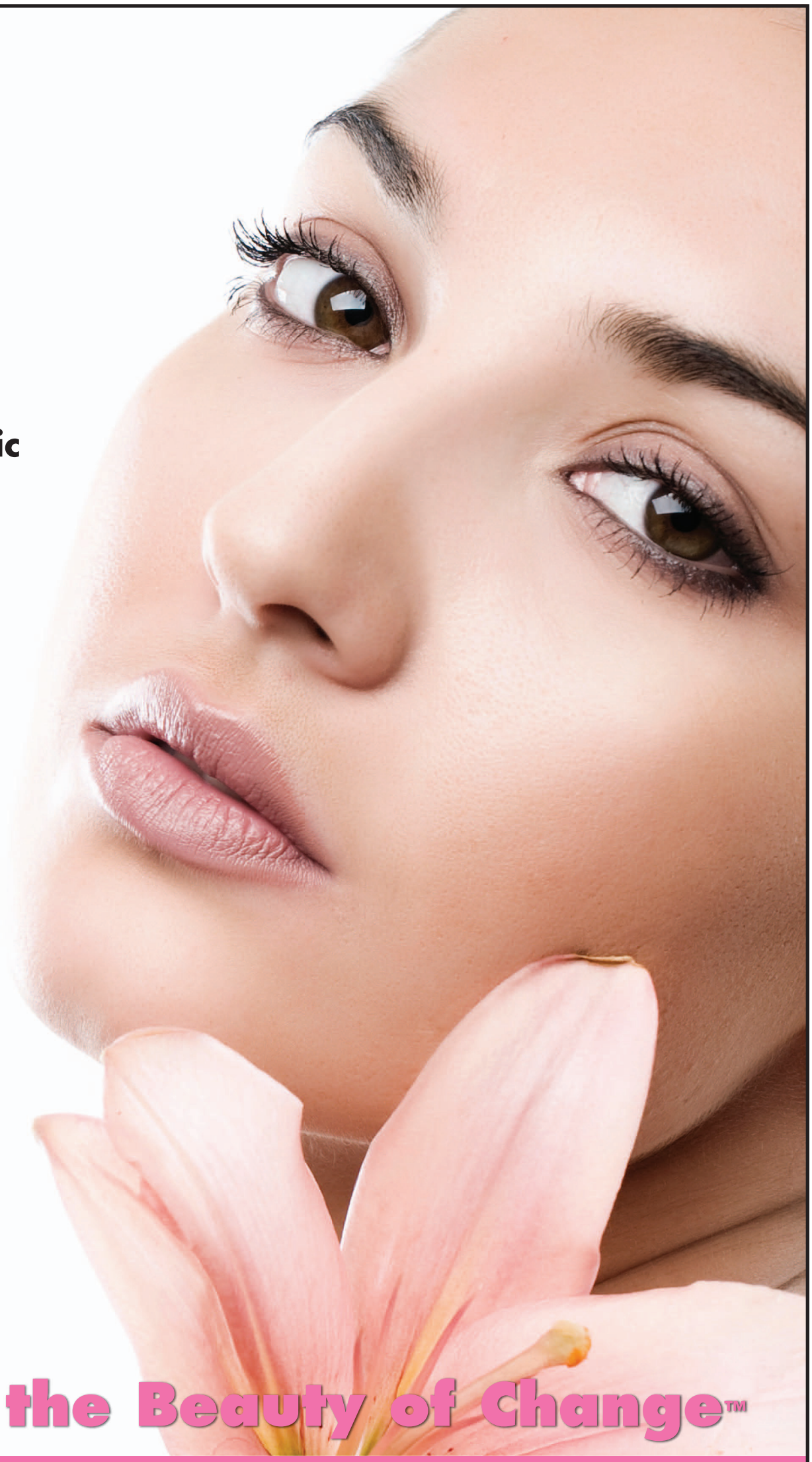

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Tax credit vs. deduction

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

What receipts do I need? Is this deductible? Who cares, I'll just give it all to my accountant!

Q This tax year would be my first full year of employment since graduation. My tuition and education deductions carried from past years are slightly greater than my total employment income. Technically, I should have no income after deductions. However, why does my accountant disagree and say I will not get all my taxes back?

— Masoud

A Don't we all love this time of year! Where's my T4s? What receipts do I need? Is this deductible? Who cares, I will give it all to my accountant!

It's important to distinguish between a tax credit and tax deductions. They will not impact your taxes the same.

Income taxes payable are calculated based on taxable income. Taxable income is determined by adding all sources of income, less tax deductions.

Non-refundable tax credits reduce income taxes payable at the lowest marginal tax rate (with the exception of charitable donations) while tax deductions reduce taxable income.

If your tax deductions exceed your employment income, an individual would have a taxable income of nil.

Therefore, income taxes payable are zero and a refund for all taxes withheld are refunded. Alternatively, tax credits do not reduce income to nil, but reduce taxes payable at the lowest tax rate and may not completely eliminate taxes owing.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca or 416-489-7800, ext. 227 .

Some examples

Non-refundable tax credits:
- Spousal or common law amount (same sex or not)
- Eligible dependent
- Canada employment credit
- Public Transit credit
- Children's fitness credit
- Caregiver amount
- Tuition and education amounts
- Medical expenses
- Donations

Tax deductions:
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- RRSPs
- Professional, union dues
- Interest and carrying charges
- Business losses
- Rental losses
- Capital losses
- Employment expenses

On guard against fraud

SmartCookies

smartcookies.com

At least once a year, it is also good idea to get a copy of your credit report. If you mail in your application, you can receive your score for free.

One of the least exciting purchases made by a Smart Cookie would have to be a paper shredder. However, it could also be said to be one of the smartest.

Sandra decided a shredder was a necessity after her mail went missing, her credit card was stolen and a note popped up in her apartment building elevator warning residents of identity theft. Thankfully, she didn't have to deal with identity theft, but the thought of having someone steal her personal information and using it to commit fraud, potentially destroying her credit score and costing her time and money to correct the fraud and rebuild her financial picture, was enough for her (and the rest of us) to implement these Smart Cookie procedures.

It's no secret that we like to price compare and purchase online, so if you're purchasing an item online, make sure that the site is secure. The address should have the prefix "https" and show a padlock.

It's advised that online passwords (or any password that protects financial information) be switched up every few months. But we think as long as you are selecting a tight password (translation, don't use your birthday or your partner's pet name), then you should be OK.

You should, however, use different passwords for your credit card and banking info. That way, for example, your banking info will be protected if for some reason someone had your credit card pin.

Fraud Prevention Month

If you happen to be shopping in-store, shield the debit machine while entering your code. Yes, be that person!

If you happen to be shopping in-store, shield the debit machine while entering your code. Yes, be that person! It's better to protective than footloose and fancy free when it comes to your cards and your pin numbers.

Also, clean out your wallet so that only the personal information and credit cards you actually need and use regularly are kept with you. Otherwise, keep the important cards with the important numbers at home in a safe place.

At least once a year, it is also good idea to get a copy of your credit report. If you mail in your application you can receive your score for free. That way you can see if there have been any inaccuracies within the past year that you may have missed. Check out smartcookies.com for the application and more on obtaining your credit score.

And if you have bills mailed to you, keep track of when your bills and bank statements arrive (they should arrive around the same time every month). If they are late, check with the companies immediately to find out the reason for the delay. And never throw your documents into the recycle bin. Rip or shred the documents that contain personal information. If you don't have a shredder then perhaps it's time to add this to the 'oh so boring but necessary' shopping list.

For more money saving tips, tune in to the second season of the Smart Cookies on the W Network — Monday nights at 10:30 p.m. PST/EST.

If you have comments or questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Allan Small

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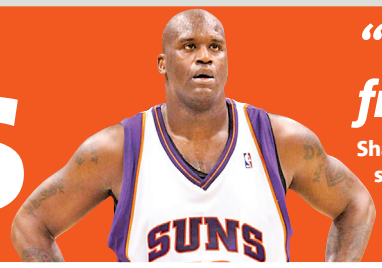
Quartet of Canucks up for NCAA honour
Four Canadians – Sarah Vaillancourt, Meghan Agosta, Rebecca Johnston and Jennifer Wakefield were among finalists named yesterday for the Patty Kazmaier Award, which goes to the top female hockey player in U.S. college hockey. METRO NEWS SERVICES

Sports



"That's strong words coming from the RuPaul of big men"

Shaquille O'Neal to the Arizona Republic, on comments Chris Bosh made that said O'Neal benefited from referees ignoring his three-second violations in the lane during Friday's 133-113 Phoenix victory over Toronto. Shaq scored 45 points in the game. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Survivor found with NFLer's boat

NFL A missing man found clinging to an overturned boat was rescued yesterday off Florida's Gulf Coast, but the search continued for two NFL players and a third man aboard who didn't return from a weekend fishing trip. Survivor Nick Schuyler told rescuers that the boat was anchored when it flipped Saturday in rough seas and that the others got separated from the boat. Since then, Schuyler, who was wearing a life vest, had been hanging onto the boat found 55 kilometres off Clearwater. The boat belongs to Oakland Raiders linebacker Marquis Cooper, who along with free-agent defensive lineman Corey Smith and former South Florida player William Bleakley, remained missing yesterday.

THE ASSOCIATED PRESS

On the web

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He's been everywhere, man

'Suitcase' Sillinger no stranger to NHL trade deadline day

PERRY LEFKO
for Metro Canada

New York Islanders' forward Mike Sillinger has played 18 years in the National Hockey League and has more than 1,000 games to his credit, but he is known mostly for the number of times he's been traded.

Sillinger, who has missed most of this season because of his second hip operation in two seasons, has played for an NHL record 12 teams. He has been traded nine times — an NHL record he shares with Brent Ashton — including five times at deadline day.

Along the way he has been nicknamed Suitcase, something he's come to accept. "I just kind of chuckle about it," he said in a phone interview in advance of this year's trade deadline tomorrow.

"It's one of those things that I'm very proud to have played 18 years in the National Hockey League. It's been an honour and a privilege to play as long as I have. Pretty much call me what you want because there's a lot of people out there that would want to be in my shoes."

A first-round draft pick of Detroit in 1989 after a four-year junior career with the Regina Pats of the Western Hockey League, Sillinger experienced his first trade midway through the '94-95 season when dealt to Anaheim. Henceforth he has played with Vancouver, Philadelphia, Tampa, Florida, Ottawa, Columbus, Phoenix, St. Louis, Nashville and the Islanders.

In some cases, he happened to be traded from a non-playoff team to a playoff team, only to have it work out the wrong way.

"I've had a lot of first-round exits," he laughed.

Sillinger said there are pros and cons to being traded.

"Regardless of whether you're having a good year or a bad year, you have to be positive with it," he said. "You can't sit there and hang your head. You have to look at it as a fresh start and a chance to move forward. It's a chance to say another team wants you.

"The worst thing is just picking up and leaving all the friends you have on the team and the neighbours you meet. You just kind of pick up and leave your wife and kids behind.

"That's kind of the saddest thing because you're not quite sure when you're going to see them again. Eventually you'll hook up, but that all has to be planned."

He credits his wife, Karla, for keeping the family together — they have boys 11, 8 and 5 — during the numerous upheavals caused by the trades.

"It's a whirlwind," he said. "I'm thankful for a very understanding wife. She's the calming person in the family."

By the numbers

9 Number of times Mike Sillinger has been traded

5 Number of times Sillinger has been traded on NHL trade deadline day

Moore likely on his way out the door

NHL It is almost certain that tonight will be Dominic Moore's last game as a Maple Leaf. Despite the "hometown discount" offered by Moore, the two sides remain at an impasse in contract negotiations and there was no hint last night that a resolution was possible. With the 28-year-old Moore destined for unrestricted free agency this summer, much like Nik Antropov, the betting is that Brian Burke will move him before tomorrow afternoon's NHL trade deadline. Burke, though, was still unwilling to completely close the door on Moore's future with the Leafs. "It's still too early to say," the GM said last night. While Antropov and Moore seem destined to depart, other rumours swirl around the Leafs. Burke told AM 640 he had been offered a player and a pick for two players and said he was "chewing" on the idea. TORSTAR NEWS SERVICE

Bargnani's had success guarding Yao

It was one of a few coming-of-age moments this season for Andrea Bargnani.

He was matched up against Yao Ming — asked to defend the 7-foot-6 Houston Rockets centre — and if ever there was a mismatch, surely that was it.

But a funny thing happened on the way to Bargnani getting two fouls in two seconds: He stood his ground, did his job and, in that easy victory earlier this season, he proved to a few people that he could go toe-to-toe with the biggest, if not the best, centre around.

"The key with Yao, like any other big man is to play him before he gets the ball. Andrea did that last time and it kept Yao from getting in the paint," Raptors coach Jay Triano said yesterday.

The Raptors, in one of their best defensive efforts of the season, held Houston to 35 per cent shooting in a 94-73 Raptors win.

Bargnani, by nearly every measure the most improved Raptor of the season, gets another shot at Yao tonight as the Raptors try to salvage one win from a three-game road trip. TORSTAR NEWS SERVICE

Tonight
NJ vs TOR
7:30 p.m.
Sportsnet/AM 640

Tonight
HOU vs TOR
8:30 p.m.
TSN2/FAN 590

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O-Cab close to joining A's
The Oakland Athletics are close to signing free agent shortstop Orlando Cabrera to a $4-million US, one-year contract, pending a physical. METRO NEWS SERVICES

SCOREBOARD

NHL

EASTERN CONFERENCE

	W	L	OT	P
d-Boston	42	12	9	93
d-New Jersey	41	19	3	85
d-Washington	40	19	5	85
Philadelphia	33	18	10	76
Montreal	34	22	7	75
Florida	32	23	8	72
N.Y. Rangers	32	24	8	72
Pittsburgh	32	26	6	70
Buffalo	31	25	7	69
Carolina	32	27	5	69
TORONTO	25	26	12	62
Ottawa	23	28	10	56
Tampa Bay	21	30	12	54
Atlanta	23	34	6	52
N.Y. Islanders	20	36	7	47

d-division leader

YESTERDAY'S RESULT
N.Y. Islanders 4 Colorado 2

NBA

EASTERN CONFERENCE

	W	L	PCT
d-Cleveland	47	12	.797
d-Boston	47	14	.770
d-Orlando	43	16	.729
Atlanta	34	26	.567
Miami	31	28	.525
Detroit	29	29	.500
Philadelphia	29	30	.492
Milwaukee	29	33	.468
Chicago	27	33	.450
New Jersey	26	33	.441
Indiana	26	36	.419
Charlotte	25	35	.417
New York	24	35	.407
TORONTO	23	38	.377
Washington	14	46	.233

d-division leader

YESTERDAY'S RESULTS
Atlanta 98 Washington 89
Cleveland 107 Miami 100
New Orleans 98 Philadelphia 91
Dallas at Oklahoma City
San Antonio at L.A. Clippers

On the web

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LBJ gets better of Wade

NBA RESULT

Cavaliers 107, Heat 100

This time, the Miami Heat were witnesses, not winners, because of a fourth-quarter comeback.

LeBron James scored 42 points, Mo Williams got 17 of his 30 in the fourth quarter, and the Cleveland Cavaliers rallied from an 11-point deficit in the final minutes to beat the Heat 107-100 on Monday night.

Dwyane Wade had 41 points, nine assists and seven rebounds for Miami, strongly following up his 46-point effort two nights earlier against the New York Knicks, when the Heat rallied from 15 points down in the last nine minutes.

Jermaine O'Neal scored 16 points, Mario Chalmers added 15 and Jamario Moon had 11 for Miami, which shot 2-for-17 with four turnovers in the final six minutes to waste what was a 91-80 lead. THE ASSOCIATED PRESS

LYNNE SLADKY/THE ASSOCIATED PRESS

LeBron James shoots over Miami's Udonis Haslem last night. James finished with 42 points — to Dwyane Wade's 41 — as the Cavs won 107-100.

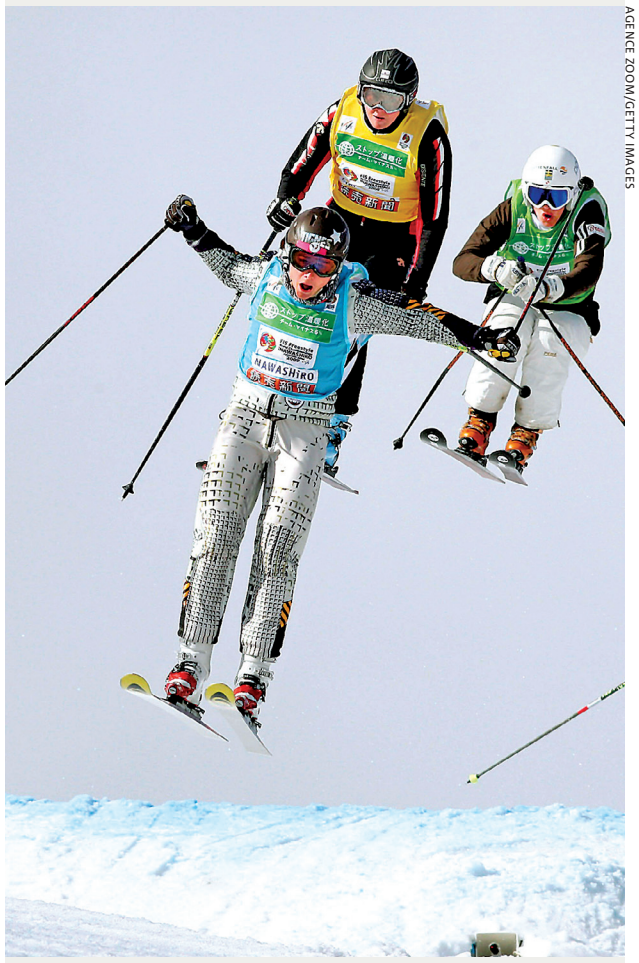
Sports in brief

CFL The Toronto Argonauts released offensive linemen Jerome Davis and Jude St. John yesterday. METRO NEWS SERVICES

MLB Blue Jays closer B.J. Ryan has decided to remain in the Toronto's spring training camp rather than play for the United States at the World Baseball Classic, USA Baseball announced yesterday.

MLB Alex Rodriguez met for two hours with Major League Baseball officials yesterday about his positive drug tests in 2001-03. Rodriguez declined to say what happened at the meeting, or what he expects regarding any follow-up. "It's really good to get yesterday behind me" Rodriguez said. THE ASSOCIATED PRESS

Ski Cross **Hardware for Canada**



AGENCE ZOOM/GETTY IMAGES

Ashleigh McIvor of Canada, second from left, takes first place and gold during the FIS Freestyle World Championships Women's Ski Cross event in Japan yesterday. Fellow Canadian Davey Barr won bronze in the men's event.

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Metro Workology exclusive: Matters of the Heart

Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and Metronews.ca/work as well.

Workology

Staying in Canada

Despite cuts to federal research funding in Canada and billions poised for research in U.S. president Barack Obama's economic stimulus package — all sparking fears of a brain drain — many U.S. academics say they and their colleagues who came to Canada during George W. Bush's presidency likely won't return. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Picking up the pieces when families break up

Matters of the Heart

JON TATTRIE
for Metro Canada

The breakup of a family is a painful, messy business, and it takes a certain kind of person to thrive as an "undertaker of the legal profession."

Terry Sheppard, of Boyne Clark Family Law in Halifax, was drawn to the grim work because it gives him a chance to help people in hard times.

"Short of the loss of a loved one, this will be the most difficult things you go through in your life," he said. Guiding people to the other side is what keeps him coming into work every day.

He finds satisfaction when the children have settled into the new arrangement, the house and finances are taken care of, and life can restart. "You see (clients) take a deep sigh of relief that they survived it."

Helping a family live a normal life after a divorce breaks them apart can be satisfying according to one divorce lawyer.

Sheppard also likes sticking up for the little guy when a high-powered, income-earning spouse divorces a stay-at-home parent who's uncomfortable fighting in court. Sheppard gets to level the playing field.

"You've got to be able to deal with conflict and difficult people. If you want everything to be happy and rosy and sunshine, this job will eat you up."

He's focused on family law for a decade and says compartmentalizing life is critical to survival as a divorce lawyer.

"It's hard not to take it home with you but you can't, or you'll never be able to function."

Andrew Feldstein of Toronto's Andrew Feldstein & Associates agrees.

"You see people at one of their absolute worst times in life, but in other times you are able to give them tremendous success and opportunity in life," the attorney said.

"You need to know when to fight and when not to fight."
Andrew Feldstein

Winning back custody for a parent who had lost it gives him a "feeling of accomplishment that I think is difficult to beat in any other area of law."

Being objective is necessary, Feldstein explained. He's dealt with people who catch their partner cheating after 20 years of marriage and find themselves being sued for spousal support.

"They think that's ridiculous, but you sometimes have to educate them and say, 'Well, you do have to pay spousal support.'"

The same goes for custody of children. The law might not always seem fair to his clients, but it's part of his job to give them a clear outline of their chances.

"You have to be able to be a tough negotiator, but also be compassionate toward your client. You have to realize that if you want to get people to a reasonable compromise, you need to be reasonable. You need to know when to fight and when not to fight," Feldstein said.

For more Matters of the Heart exclusive series check the Workology section Mondays, Tuesdays and Wednesdays or stop by Metronews.ca/work

Frankenstein a 'cultural artifact': Brock lecturer

Lecture series

BRIAN TOWIE
for Metro Canada

TELEVISION You can learn a lot from a monster. Just ask James Allard.

The English literature professor at Brock University delivered his lecture Frankenstein: Five Ways on TVOntario show Big Ideas on Saturday as part of that network's Ontario's Best Lecturer series. As one of the first works of science fiction, Allard talked on the novel about the doctor who creates a being in the likeness of a man, written in the early 1800s by Mary Shelley and why it's still relevant to today's readers.

"It's a cultural artifact," Allard says of the book. "It's about Man's quest to create life, and the responsibility we have to what we create. And it's about what it means to be a human."

Frankenstein was a very controversial book for its time, Allard notes. Tremendous advancements in science were being introduced to the world, notably by late 1700s British physiologist and philosopher Erasmus Darwin (grandfather of Charles Darwin) who was exploring the link between electricity and life by conducting experiments in which he would send electrical currents through frogs' legs.

A major issue of the day was how a society would accept new discoveries that could throw its staunchly conservative and religious values into question, and what humanity's responsibility was to this newfound knowledge and power. The book explores these themes allegorically.

"We are the stories we tell. Making the material relevant is beside the point. It's the engagement with the material that really matters. It's about what you put into it."
James Allard

"There were many questions. The monster was a one-of-a-kind creation," Allard said. "Was he human? I would argue so. Does that mean then the origin of life is not divine? There were lots of answers to these questions, and they often fell within the province of theologians."

The book is just one example of how we communicate as people, Allard notes. We learn our lessons through stories, and these lessons are often subjective depending on our individual life experiences and how we think.

"We are the stories we tell," Allard says. "Making the material relevant is beside the point. It's the engagement with the material that really matters. It's about what you put into it. That's where I come in. I help to start the process in which the students take a critical look at the material and interpret it for themselves."

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Canada to admit more international students
Immigration Minister Jason Kenney announced that Canada will "substantially increase" the number of international students it admits this year. He says that Canada is looking at Asian countries, particularly India, for prospective students. METRO NEWS SERVICES

In a matter of trust, media jobs lose out

VANESSA GRECO
for Metro Canada

Most Canadians would rather trust a nurse than a newsperson, a recent survey suggests.

Almost two-thirds of Canadians don't trust people in media professions, according to the study. Synovate, a research company, polled over 5,500 people around the globe and found that most Canadian respondents are wary of media types. This includes journalists, advertisers and those in public relations and marketing.

"It is ironic," said Rob Myers, managing director of Synovate Canada. "People look to media professionals for information but are still highly skeptical of them."

From the Internet, radio, television and newsstands, an often overwhelming amount of media outlets might have something to do with the lack of public confidence, said Myers.

"With information coming at us from every angle, people really start to question the validity of what they're being told," he said, adding the media might have been trusted more before the arrival of blogs and online forums.

Instead, Canadian respondents put their faith in more community-oriented professions. The top spot for most trusted profession was shared by police officers, ambulance workers and homemakers. Medical professionals came in second, trusted by 91 per cent of Canadians surveyed.

"If you can't trust your doctor, who can you trust?" Myers said. He also noted that over the next two decades as the baby boomer population ages there will be more reliance on healthcare professionals.

> **"People look to media professionals for information but are still highly skeptical of them."** Rob Myers

Not only would most Canadians trust a doctor over a journalist, but they'd prefer to tie the knot with them too.

Doctors and nurses came out on top when respondents were asked what profession they'd rather choose a life partner from. Trailing closely behind, those working in trades, education, or science and technology were also deemed marriage material.

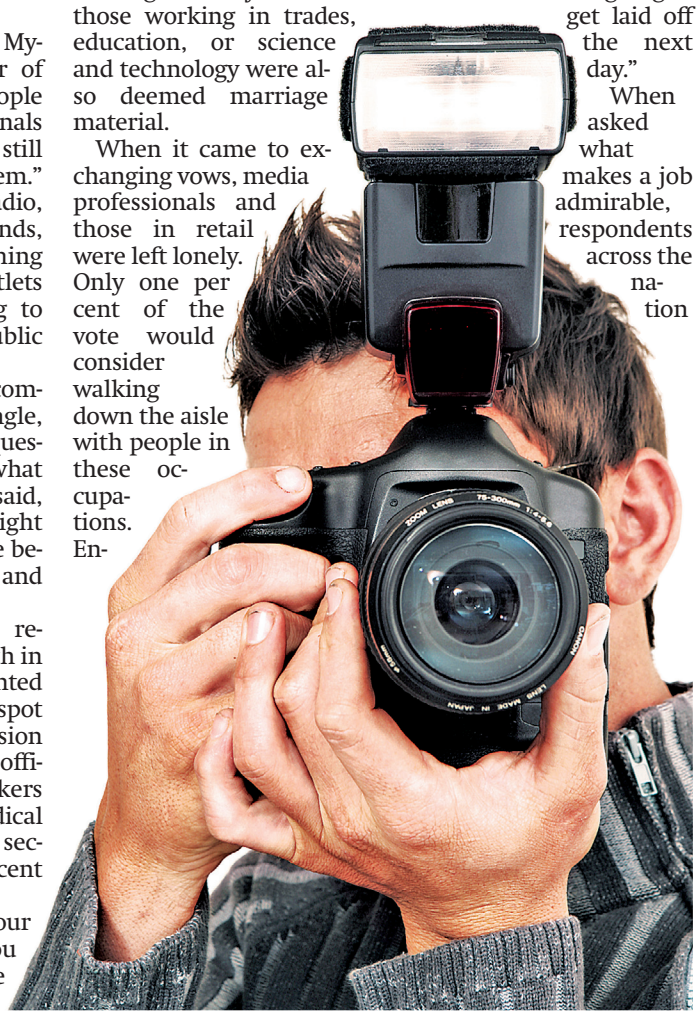
When it came to exchanging vows, media professionals and those in retail were left lonely. Only one per cent of the vote would consider walking down the aisle with people in these occupations. Entertainers — actors and musicians — didn't fare well either, joining the bottom of the marriage scale at four per cent.

"Stability matters a great deal," said Myers who described the statistics as a product of our times. "Media and entertainment are probably perceived as riskier professions. Right now, people want to commit to someone who isn't going to get laid off the next day."

When asked what makes a job admirable, respondents across the nation preferred a fun job over one that made a lot of money. Canadians also appreciated professions that "helped educate people."

The fondness for a fun-loving career didn't surprise Myers.

"Sure we spend a lot of time at work, but Canadians have a good health care system and social infrastructure. That's something we value and want to enjoy."



A recent survey concluded that people would sooner trust just about any professional over a media type, such as a photojournalist.

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Bateman Up In The Air

Arrested Development star Jason Bateman and Juno director Jason Reitman are teaming up for the new movie, Up In The Air. Bateman will play the boss of George Clooney's character, a corporate downsizer who becomes obsessed with collecting a million frequent flier miles. **EMPIREONLINE.COM**

Entertainment

Pitt perfect

U2 wants Brad Pitt to star in a movie about their lives. Guitarist The Edge thinks the Hollywood hunk would be the perfect person to portray him in a film about the Irish group. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

U2 not afraid to cross the line

The world's biggest band taps experimental past on adventurous new album

BRYAN BORZYKOWSKI
for Metro Canada

When Bono told Rolling Stone in January that U2's new album, No Line On the Horizon, "tapped into our interest in electronic music" you could almost hear millions of fans nervously grinding their teeth. After all, the last time the group jumped headfirst into electronica they produced Zooropa and Pop, two albums that many followers would like to forget.

While a lot of people hoped Bono was kidding, now that the album's out, they can hear firsthand that he wasn't. To put it simply, picture what Pop would sound like if it mated with How to Dismantle an Atomic Bomb — there are giant riff rockers on the single Get on Your Boots, and some very un-U2-like electro synth during the intro of Magnificent.

If the band's past is any indication, there's no doubt plenty of fans will be turned off by the group's experimental tendencies. Although people flocked to the keyboard-heavy Achtung Baby, U2's supporters scratched their heads at Zooropa and pretty much abandoned the group when they released the middling Pop.

It took a return to their sweeping Joshua Tree-like melodies with All That You Can't Leave Behind in 2000 to bring back the masses, eventually allowing the foursome to reclaim their "best band in the world" status.

Will things be different this time? Only time will tell, but let's hope for U2's sake that they don't.

If anything, Bono, The Edge, Larry Mullen Jr. and Adam Clayton should be embraced for pushing their musical boundaries. Sure, it's not a complete makeover, Edge's trademark delay guitar is here, so is Bono's passionate, over-the-top crooning, but at least they're finally smart enough to realize that while a classic sounding album will sell 10 million copies, that's worthless if they can't keep themselves creatively inspired.

U2's Adam Clayton, left, The Edge, Bono and Larry Mullen, Jr. GETTY IMAGES

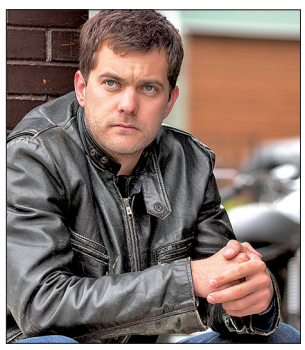
Imagine for a minute if U2's fans stayed on the bandwagon during the '90s. The group might not have produced Elevation or Vertigo; rather they'd be on the cutting edge of experimental music, possibly even mentioned in the same breath as Radiohead.

Yeah, that's likely a stretch, but if their admirers had allowed them to keep reinventing themselves they'd be a far more intriguing band. They wouldn't be as rich — the masses generally like to keep their bands as non-threatening as possible (see Nickelback, Fall Out Boy) — instead they'd be producing music that would be as timeless as anything off Joshua Tree, an album that truly dripped with originality and passion.

So, U2 might have been set back a couple decades, but it's time to let the band do what they want. Let them write a nearly seven-and-a-half minute song (Moment of Surrender) or include haunting heartbeat-like drumming on White as Snow — the group will be that much better if they're free to experiment.

However, just because they're feeling adventurous here, doesn't mean we should let them off the hook if their tunes are terrible. Go nuts, throw in a theremin solo or some minimalist ambient tones on your next disc — the only thing U2 owes to their fans is that whatever they're going to do, they do it well.

Joshua Jackson kick-starts Canadian road trip in One Week



Joshua Jackson plays a man who copes with a terminal disease by traversing the Great White North on a motorcycle.

STEVE GOW
for Metro Canada

Joshua Jackson has been pretty tired lately — but that's what you get for having a somewhat manic job.

"I was on my knees Hoovering brains off a carpet two days ago," the Canadian-bred actor shockingly admitted during a recent stop in Toronto.

While that revelation might sound disturbingly morbid at first, consider the context. After all, Jackson's clean-up was taking place on the set of his new hit sci-fi TV show Fringe — one of the main reasons for his hectic schedule.

The other? Returning from Hollywood to his homeland to promote his latest movie, One Week — opening Friday — in which Jackson plays a young man who copes with a terminal disease by traversing the Great White North on a motorcycle.

"It's a celebration of the many Canadas," said Jackson, admitting the film's patriotic affection was part of the draw. "There's so much to do between here and Tofino and because it's a road movie, which is unusual, you actually get to see and experience much of the country instead of one specific region."

And that is just what Jackson and director Mike McGowan did — travel across Canada with just a tiny film crew. Although he is no stranger to the road, Jackson admits it was a grueling challenge.

"I used to do the road trip between Vancouver and Wilmington, N.C., where I used to (shoot Dawson's Creek) every year, so I've done that a ton but I never went Vancouver to Toronto and south. To be honest, I always thought the prairies would be kind of boring."

Instead, Jackson's "big revelation" was discovering the beauty of the flat, humbling expanse of land and the hidden treasures along its stretch of highways. One of the pure joys of watching One Week is encountering such bizarre Canadian roadside attractions as the Wawa Goose and the giant nickel in Sudbury. "The dinosaur (in Drumheller) was just so fabulously ridiculous," Jackson said of his favourite stop. "That you can pay five bucks to walk a staircase to get into the mouth of a giant Tyrannosaurus Rex in the middle of the prairies is fantastic."

Beckhams reach out to celebrity cancer victim
David and Victoria Beckham have sent a letter of sympathy to cancer victim Jade Goody, after learning that her illness was terminal. The letter offers condolences to the former Big Brother star. FEMALEFIRST.CO.UK

TV tycoons under fire

A Saudi religious scholar has issued an edict calling for the prosecution of a royal tycoon and another Saudi businessman, accusing the men of being as dangerous as drug dealers because the TV channels they own broadcast movies.

The edict issued by Youssef al-Ahmed, a government employee, is unusual in that it publicly chastises two such prominent Saudi figures by name — Prince Alwaleed bin Talal and Waleed al-Ibrahim, a brother-in-law of the late king Fahd and owner of the Dubai-based MBC Group media conglomerate.

It also comes about six months after the former head of the kingdom's highest tribunal said it was permissible to kill the owners of satellite TV stations that show content deemed immoral.

"Movies are a tool that hypocrites use to implement their plot to westernize society, corrupt it and drive it away from (religion)."
Youssef al-Ahmed in his online edict

The edict issued Saturday by al-Ahmed, a professor in the Islamic law department at the ultra-conservative al-Imam University, came in response to a question regarding Alwaleed's assertions last month that there will be movie theatres in the kingdom one day and that movies play a "positive" social role in Saudi Arabia.

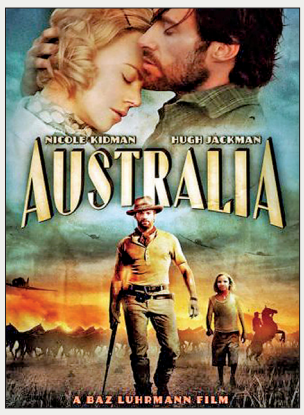
"Movies are a tool that hypocrites use to implement their plot to westernize society, corrupt it and drive it away from (religion)," said al-Ahmed in his response, posted on Islamlight.net, an Islamic website that contains news, columns and edicts. "It is a duty to bring him (Alwaleed) and people like him, such as Waleed al-Ibrahim, to justice. They are no less dangerous … than drug dealers."

Alwaleed, who is a nephew of King Abdullah and is ranked as the world's 13th-richest person by Forbes magazine, did not respond to a request for comment on the edict. The director of marketing for MBC Group, Mazen Hayek, declined to comment.

THE ASSOCIATED PRESS

DVD picks

Australia
Director: Baz Luhrmann



ACCUSING BAZ Luhrmann of audacity is a bit like telling a shark it has very sharp teeth.

It's the Aussie director's stock in trade, wherein movie genres, legendary characters and time itself are bent to the whims of his fevered visions.

Australia, starring Nicole Kidman and Hugh Jackman, is both more and less of the same. At once sprawling and intimate, melodramatic and comic, magnificent and utterly bonkers, it bears entertaining witness to Luhrmann's love of his homeland.

With a bladder-testing running time of close to three hours, it's also the first of his films to look as though it almost escaped his grasp, falling prey to some of its own excesses.

Not many directors would have the brass to marry a cattle-driving western with a World War II romance, with side trips to social commentary about cultural engineering and the symbolic significance of The Wizard of Oz.

Not many would want to, you might add. Characters fly across the screen, barely giving us time to know them, while a text intro confusingly speaks of Pearl Harbor in 1941 before settling upon the pre-war of summer 1939. We must also negotiate the voiceover narration of young Aboriginal lad Nullah, played by welcome newcomer Brandon Walters. By the time the Japanese aircraft are strafing Darwin in all their CGI glory, recreating an actual event in history, you may feel as if you're under fire, too. But Luhrmann manages to keep it together by maintaining his focus on the heartbreaking story of Nullah.

There's not much in the way of extras — a couple of deleted scenes, some featurettes on the Blu-ray.

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Knightley joins sci-fi thriller

The sci-fi's the limit for Keira Knightley. The erstwhile English rose is ditching the period garb and going futuristic, signing on to star in the cloning-themed thriller Never Let Me Go. EONLINE.COM

Hey Rosetta! rule ECMAs

MUSIC Rock outfit Hey Rosetta! catapulted from their humble roots as a bar band on one of Canada's most notorious party strips, cleaning up Sunday night at this year's East Coast Music Awards.

The young up-and-comers, who earned their musical chops playing on George Street in St. John's, N.L., walked away with three trophies for their album, Into Your Lungs (and around in your heart and on through your blood).

Sultry songstress Jill Barber, who recently moved to Vancouver from Halifax, won jazz recording of the year and female solo recording of the year for Chances.

Singer-songwriter Gordie Sampson won single and songwriter of the year for We are Young and So is the Night. His mother accepted the awards on his behalf.

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Teen drama, for Real

Kids stretched to the max in new TV show

RAFAEL BRUSILOW
for Metro Canada

High-octane fun and fear-defying challenges are all in a day's work for the adventurous tweens on In Real Life, Canada's newest reality show.

Hosted by young Canadian comic Sabrina Jalees, the show puts kids from across Canada between the ages of 12 and 14 into the driver's seat of a whirlwind competition where each week they have to conquer an exciting "real life" challenge that tests their mettle. With challenges strategically set across all of North America, it's like an Amazing Race for bright, resourceful kids.

The first two episodes have contestants racing cars and wrestling with alligators while later episodes have kids jumping out of a helicopter into a river and doing barrel rolls in a Russian fighter jet. It's all safe and carefully monitored by support staff of course, but still no small feat for a group of young teens who've hardly been away from home in their lives.

For 14-year-old Ruby-Rae Rogawski from Fort Langley, B.C., being on the show was a life-changing adventure.

"It was so amazing, just the things we got to do and the experiences we got to have. I had a blast," she said.

Rogawski says the experience of doing unique challenges and dealing with setbacks taught her a lot about herself.

"I think I've just learned to live with myself and realize that even though some things are going to go wrong it's all about picking yourself up afterwards," Rogawski said.

Jaicyea Smith, 14, from Toronto found the best part of the show was trying out different jobs, no matter how wacky or difficult.

"I learned so much. You get to experiment with different career options and it'll definitely guide me in what I decide to do," Smith said.

Kids weren't told who they'd be paired up with before the show began and some pairs clashed right out of the gate. Teamwork was a big factor and those teams which learned to work together found greater success, Jalees said.

Seeing the kids conquer challenge after challenge was inspiring for Jalees and demonstrated just how determined they were.

"They were doing challenges that were things kids have probably never done. I think a lot of the kids really grew up and became more confident," she said.

In Real Life host Sabrina Jalees.

Show time

- In Real Life premieres tomorrow at 7 p.m. ET/PT on YTV.

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 3/3/09	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Street (N)		Stephen Fry in America		Agenda-Paikin
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	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N)	(DVS)	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Privileged		Scrubs	Scrubs	The Bachelor (N)		News (N)
	212	313	8	CTV	etalk	Hollywood	American Idol (HDTV) Semifinalists perform. (Live)				Law & Order: SVU		News (N)
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	213	326	15	SUN	Scrubs	George Lopez	*Death Becomes Her* ★★★ (1992, Fantasy) Meryl Streep.				To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Capitol Offense"		The Mentalist (HDTV)		(10:01) Without a Trace		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Law & Order: SVU		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Homeland Security USA		Scrubs	Scrubs	The Bachelor (N)		News
	219	346	20	ACH-B	Instant Star	TMZ (N)	Reaper (N)		Law & Order		(10:01) Without a Trace		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol (HDTV) Semifinalists perform. (Live)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Be Well Now! With Dr. Nancy Snyderman			YOU: Inner and Outer Beauty With-Roizen			Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Reaper (N)		90210 (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Reaper
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Everybody Has a Soul		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Who's Protecting Our Money?		On the Money		Mad Money
sports	405	417	22	net	Hockeycentral	NHL Hockey New Jersey Devils at Toronto Maple Leafs. (Live)					Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	NHL Hockey Pittsburgh Penguins at Tampa Bay Lightning. (HDTV) (Live)					SportsCentre (HDTV) (Live)		
	411	457	58	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker		Bounty Hunter	Bounty Hunter	Survivorman
	417	406	81	SC	Pimp My Ride	Pass Time (N)	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
family	551	542	25	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29	MM	Degrassi: TNG	Instant Star	To Be Announced		Paris Hilton's British Friend		Degrassi: TNG	Instant Star	The Shift
	615	520	31	A&E	CSI: Miami "Dead Air"		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	Manhunters
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Where You At	Popaganda		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
	616	521	39	SHO	The Outer Limits		Mutant X "Lit Fuse"		Testees	Trailer Park	The L Word		House
	620	523	40	BVO	Raising Valhalla		Live at the Rehearsal Hall		Scotty Moore & Friends: A Tribute to the King				Law & Order
	601	562	41	SLC	Til Debt-Part	Rich Poor	Trinny and Susannah Undress		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
	522	506	43	HIS	NCIS		Ultimate Engineering		Crime Stories		NCIS		Sea Hunters
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*The Ice Harvest* ★★ (2005, Comedy-Drama)				Steve Harvey	Seinfeld	Family Guy
	576	582	49	BET	106 & Park: BET's Top 10 Live		*King's Ransom* ★ (2005, Comedy) Anthony Anderson.				Baldwin Hills	Baldwin Hills	Judge Hatchett
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Born to Run"		Star Trek: Voyager		Destination Truth (N)		Stargate SG-1
	581	566	52	MTV	Play'd	After	MTV News	Cribs	From G's to Gents		From G's to Gents (N)		MTV Live
	618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Off the Leash	The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA	Les Gags	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Commander In Chief		The West Wing		Encounters	In Dreams	Psychic Inv.
	300	601	301	M1	*August Rush*	*Past Lies* (2008, Suspense) Nicole Eggert.			*I Am Legend* ★★★ (2007, Science Fiction) Will Smith.				*The Ruins*
	305	612	306	PIX	*The Ninth Gate*	*Gone Dark* ★ (2003, Crime Drama)			*Zoolander* ★★ (2001, Comedy)			*Net Worth* (1995)	

critics' corner

Live at the Rehearsal Hall
Catch the Newfoundland musical phenom in this episode from 2005. As always, the band wows the crowd with its energetic interpretations of traditional Canadian folk music mixed with original material. The members also chat with host Lance Chilton. 8 PM on BVO

Late Night With Jimmy Fallon
As Jay Leno prepares to take his act to prime time, and Conan O'Brien to step into Leno's "Tonight" shoes, "Saturday Night Live" alum Fallon takes the reins of "Late Night" from Conan. The Roots, a Grammy-winning hip-hop group, are the new house band. 5 PM on STR

The Biggest Loser
Chef Rocco DiSpirito takes contestants to a restaurant, where they learn to make healthier choices when dining out. Later, the "losers" compete in a lively cook-off, with the winning team getting a meal specially prepared by Rocco as well as a chance to pick a fortune cookie with something valuable inside. 8 PM on E! NBC

Wallace novel set for release

BOOK A long, unfinished novel by David Foster Wallace is scheduled for a posthumous release next year. The Pale King, excerpted in the latest New Yorker magazine edition, is set in an Internal Revenue Service office in Illinois in the 1980s.

Snoop backs Islamic group

PEOPLE Snoop Dogg has made an appearance at the Nation of Islam's annual convention in a Chicago suburb. Wearing sunglasses, a dark suit and a tie, the rapper spoke briefly in front of a crowd of thousands Sunday and praised the Chicago-based movement's Minister Louis Farrakhan.

THE ASSOCIATED PRESS

GlobalStyle
Kenya Hunt
Read Milan Fashion Week reviews, exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

Age a factor in Brown-Rihanna fiasco: Mekhi

Chris Brown's friend Mekhi Phifer says no matter what happens between Brown and Rihanna, he told E! online he wishes "them both the best." He also added he thinks Brown's age, 19, was a big factor in what went down between the two singers. METRO NEWS SERVICES

Celebrity Buzz

Marley promo's gone to the dogs

PEOPLE It's amazing the lengths some stars will go to promote a movie.

Jennifer Aniston and Owen Wilson appeared on Germen TV talk show Wetten Das to plug their hit dog movie Marley & Me. The show's host had some interesting canine-themed activities planned for the stars, including eating dog biscuits.

"They're a little dry," Aniston said, grimacing.

METRO NEWS SERVICES

Amy's back in the U.K.

PEOPLE Amy Winehouse is back in the U.K. — with an old hairstyle and a new life, people.com reports.

The singer, 25, arrived early Sunday, sporting her trademark beehive, which replaced the curly mop she had worn during her near three-month extended vacation on the Caribbean island of St Lucia.

And while the hair was back, she has a fresh start ahead of her. After arriving, Winehouse received a tour of her new home on the northern outskirts of London by her father Mitch, and they spent the afternoon watching a soccer game, the website reports.

"As she said when she got back, 'I love London more than anyone else,'" a source tells People. "She missed London. She's fine."

But there is also the issue of her marriage to sort out, as estranged husband Blake Fielder-Civil, who was freed from jail last week, moved toward divorce in January.

Winehouse has said she's determined not to let Fielder-Civil divorce her, but a source close to him vows to People that it will go forward. Her rep, Chris Goodman, has heard nothing official on the possible split. METRO NEWS SERVICES

Lindsay's death wish?

PEOPLE The people closest to Lindsay Lohan are apparently worried sick over recent alleged confessions by the starlet that she doesn't expect to live past her 30th birthday.

"She's said many times that she never wants to live too far past 30 because she doesn't want to get old and ugly," a Lohan friend tells Star magazine.

"She's always wanted to die young like her idol, Marilyn Monroe."

And what's worse, "Lindsay just doesn't seem to be bothered by the fact that she'll die," another friend tells the magazine.

METRO NEWS SERVICES

Beyoncé's messy habits

PEOPLE Beyoncé Knowles has revealed that she is constantly annoying her rapper husband Jay-Z, because of her mess she leaves lying around in their Manhattan apartment, femalefirst.co.uk reports.

"When I get home, I rebel against (looking put together) and I don't want to take care of anything. I drop it. I'm relaxed," she tells Ebony magazine. "I don't have any shoes on. No make-up. My purse is in the kitchen.

"I think that is most difficult thing for him. He's very, very organized."

METRO NEWS SERVICES

All in the Madden family

FAMILY They are twins who "share everything," but Benji Madden says he and his brother lead different lives, people.com reports.

Two weeks after Joel and Nicole Richie announced that they're expecting baby No. 2, the "single" twin says he's ready to be an uncle again, to "the best parents I've ever seen."

But he doesn't rule out being a father in the future: "I absolutely want kids when the time is right and I have the right partner."

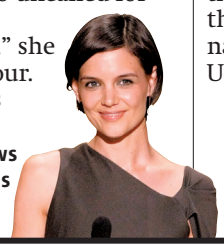
METRO NEWS SERVICES

'Enough is enough': Katie on rumours

PEOPLE Katie Holmes is finally opening up about how some of the rumours about her life with husband Tom Cruise and their daughter, Suri, affected her.

"It was so uncalled for and so disgusting," she told Glamour. "Enough is enough."

METRO NEWS SERVICES



Madonna's payback

PEOPLE Madonna was turning heads over the weekend by parading 22-year-old Brazilian male model Jesus Luz around New York for romantic dates and a Kabbalah visit.

"She loves showing her ex that she can still get the youngest, hottest thing out there," a Madonna pal tells Us Weekly.

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Thursday Partly cloudy 1°/ -1°

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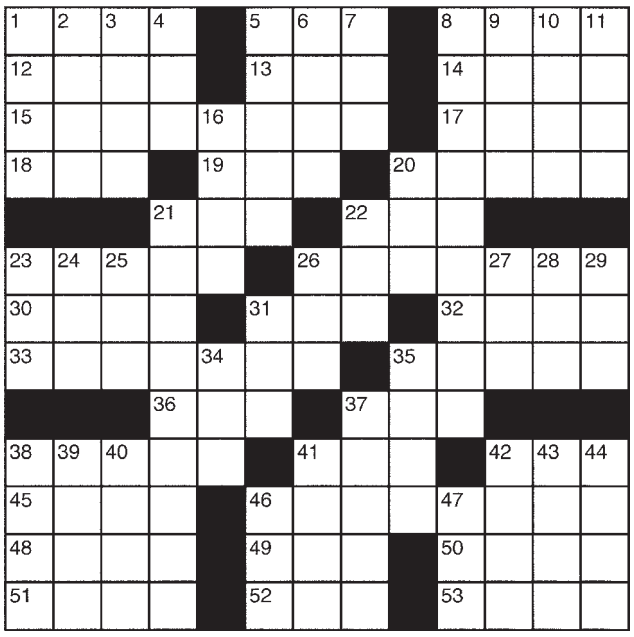


Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

6			7		5			
9	2						5	7
	7			9		6		
	4		1	3				2
		2				1		
1				4	9		6	
		3		2			7	
7	1						4	8
			6		4			5

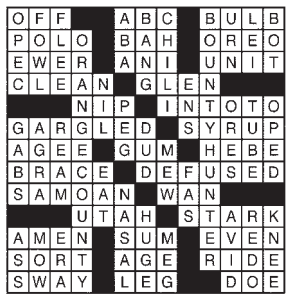
Crossword across

1 Harvest
5 Crafty
8 One of Henry VIII's Catherines
12 Shrek is one
13 Go like the wind
14 Hodgepodge
15 French fries, e.g.
17 Turnpike payment
18 Curvy letter
19 Sceptre
20 Relieve
21 Trench
22 Sticky stuff
23 Take ten
26 Baby food
30 Blueprint
31 The whole shooting match
32 Nevada city
33 Whodunit
35 Make pigtails
36 Sphere
37 Luau staple
38 O'Neill's specialty
41 Columnist Smith
42 Energy
45 Hindu royal
46 Grand view
48 Teensy bit
49 Superlative ending
50 Rainbow
51 Kelly or Rayburn
52 Personal question?
53 Prohibits

Crossword down

1 "Clue" weapon
2 Ids' counterparts
3 The "A" in "A&E"
4 Pod occupant
5 "Phooey!"
6 Told a big one
7 "Of course"
8 A little of everything, on "Jeopardy!"
9 Burn soother
10 Streamlet
11 Somersault
16 Silly Rabbit's desired cereal
20 Weep loudly
21 Marceau forte
22 Cowboy's sweetie
23 Spinning meas.
24 Tarzan portrayer Ron
25 Part of UNLV
26 Thickness
27 Meadow
28 Half of bi-
29 Chic, to Austin Powers
31 Wall St. wheeler-dealer
34 Mound stat
35 Long-popular clown
37 Mottled pony
38 Party pooper
39 Assess
40 In due time
41 Whip
42 Brazilian rubber
43 Eastern potentate
44 Just say no
46 Church seat
47 Eve, originally

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	2	6	9	4	5	1	8
5	9	6	1	8	7	4	3	2
4	1	8	2	5	3	7	9	6
2	5	3	7	6	1	8	4	9
9	4	1	3	2	8	6	5	7
8	6	7	9	4	5	1	2	3
7	3	9	4	1	6	2	8	5
1	2	5	8	7	9	3	6	4
6	8	4	5	3	2	9	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Sweet and Sour Vegetable with Tuna

INGREDIENTS:
2 6 1/3 oz (180 g) tuna steaks
2 tsp (20 ml) olive oil
freshly ground black pepper
100 ml vegetable stock
1/4 cup (50 ml) orange juice
2 tbsp (25 ml) red wine vinegar
2 tbsp (25 ml) dry sherry
1 tbsp (15 ml) soy sauce
1 tbsp (15 ml) tomato paste
1 garlic clove, finely chopped
1-in. (2.5-cm) piece fresh ginger, peeled and chopped
1 tbsp (15 ml) brown sugar
1 tbsp (15 ml) corn starch, mixed with 1 1/2 tbsp (20 ml) water
1 1/2 tbsp (20 ml) canola oil
2 carrots, peeled and thinly sliced
2 red peppers, seeded and thinly sliced
20 snow peas, halved
fresh coriander leaves

METHOD:
1. Brush both sides of tuna steaks with olive oil, then sprinkle with freshly ground black pepper. Put steaks on plate and set aside while you prepare sauce and vegetables.
2. For sweet and sour sauce, pour vegetable stock, orange juice, red wine vinegar, sherry and soy sauce into small pot, then add tomato paste, garlic, ginger and sugar and stir to mix. Slowly bring liquid to boil, stirring often until sugar has dissolved, then simmer 2–3 minutes.
3. Stir corn starch paste into hot sauce and keep stirring continuously over low heat until sauce has thickened. Remove from heat.
4. Heat cast-iron grill pan or non-stick frying pan over a moderately high heat. Add tuna steaks and cook for 2-3 minutes per side until just tender.
5. Meanwhile, heat canola oil in wok or large frying pan over moderate heat. Add carrots and stir-fry 30 seconds, then add peppers. Cook 1 minute, then toss in snow peas. Continue stir-frying 1-2 minutes, or until all vegetables are cooked but crunchy.
6. Pour in sweet and sour sauce, bring liquid to boil and toss everything together until vegetables are coated.
7. Use fork to flake the tuna into large, bite-sized pieces. Add tuna pieces to wok and toss all ingredients thoroughly. Serve while hot. If you like, garnish with some fresh coriander leaves.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A social butterfly will try to give you hope. Mercy is shown when you're passionate about justice. A friend has regrets about a tricky situation.

TAURUS
APRIL 21-MAY 21
A woman is crying out for a goofy relationship. A mushy person benefits from poignant memories. Emotions are floating to the surface.

GEMINI
MAY 22-JUNE 21
A loyal man calls off an outdoor adventure. A strange denial is revealed by a tempestuous woman. Be attentive at the bargaining table.

CANCER
JUNE 22-JULY 22
Agitation is produced by a temperamental freak. Helping a friend takes up time. You'll have a lot to think about all week.

LEO
JULY 23-AUG 23
Ill health will cause concern. Helpful people will advance your cause. A self-indulgent person is caught in the act of being a fake.

VIRGO
AUG 24-SEPT 22
A desperate person has a tantrum. Deep thoughts will start a family quarrel. A resentful troublemaker avoids commitments.

LIBRA
SEPT 23-OCT 23
A well-built person runs away from a losing battle. A woman is stamping out baseless rumours. Financial dealings with friends will need revision.

SCORPIO
OCT 24-NOV 22
Resist the temptation to feel sorry for a loser. A man makes light of a grim problem. Repairs should be made as soon as possible.

SAGITTARIUS
NOV 23-DEC 21
Someone vexes a buddy. You should develop a new socializing scheme. A funny prank could backfire in unimaginable ways.

CAPRICORN
DEC 22-JAN 20
Give a wake-up call to those who take advantage. A high achiever looks right through you. Beware the idle chatter of unwelcome visitors.

AQUARIUS
JAN 21-FEB 18
Somebody surprises you by making your life simpler. You won't be fooled by a charlatan. Romantic feelings continue to be distracting.

PISCES
FEB 19-MARCH 20
Unusual circumstances cause rifts in friendships. Remain alert and ready for action. Someone expects to be told what to do.

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BY TRICKY RICKY KANE

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1. Everyone writes fast and illegibly (1)
2. Outscore Miami's NBA team (1)
3. Dirt-free headmaster (1)
4. Mallard-filled Mack vehicle (1)
5. Lessening the amount of "Ah-choo!"-ing (2)
6. In-shape-ness observer (2)
7. 4, 5, or 6 golf club on a football field (3)

ANSWERS
1. ALL SCHAWL 2. BEAT HEAT 3. CLEAN DEAN 4. DUCK TRUCK
5. EASING SNEEZING 6. FITNESS WITNESS 7. GRIDIRON MIDIRON

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